THE EVOLUTION OF MARTIAL ARTS IN COMBAT SPORTS

A COMPLETE GUIDE TO DEVELOPING ELITE LEVEL STRIKING FROM THE WORLD'S LEADING CO

THE EVOLUTION OF MARTIAL ARTS IN COMBAT SPORTS

Stuart Tomlinson

Bushido Publishing
Bushido Media Ltd

First published in 2021 by Bushido Publishing
(Bushido Media Ltd)

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ISBN 978-1-7399517-1-9

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Printed by Amazon

Cover Design by Warren Brooks

ACKNOWLEDGEMENTS

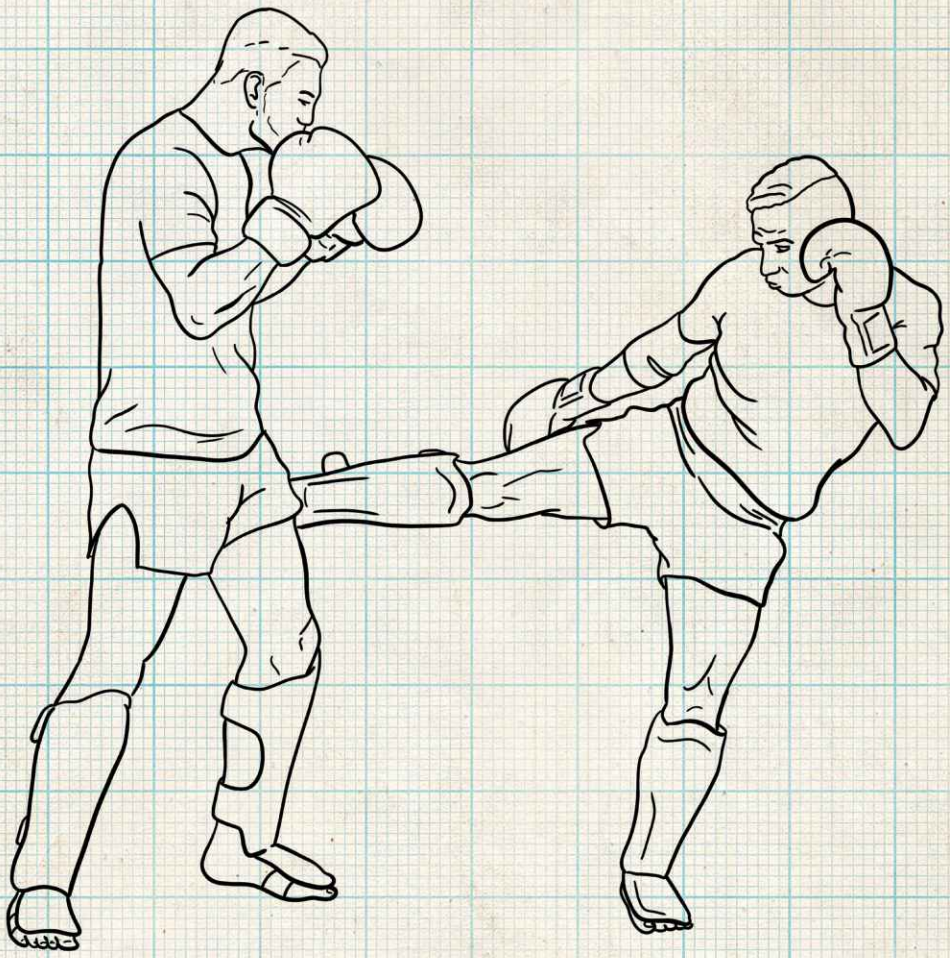
For Melissa, Noah and Willow

This book would not have been possible without the time and energy of the many phenomenal coaches featured within. I owe each of them a huge thanks for being such wonderful human beings and for sharing their expertise so freely throughout. To everyone at Banter Media, Liam, Ash and Adam, you guys are always killing it. My immense gratitude to Warren Brooks for all his amazing graphic design work, you are a genuine superstar.

To all my super talented staff at my gym in Manchester for keeping everything ticking over when I am not around. Big hugs to my family and friends for continuing to keep me sane.

Thank you Bob Daemmrich, for use of Steven Lopez's profile photo. Courtney Hendo, for use of Kevin Ross' profile photo. And Erika Dickstein / Hague NYC Photography for the photos used in Phil Nurse's techniques.

And, finally, to everyone who follows, watches or downloads from the Warrior Collective, you are all most definitely my kind of people, much love!!!



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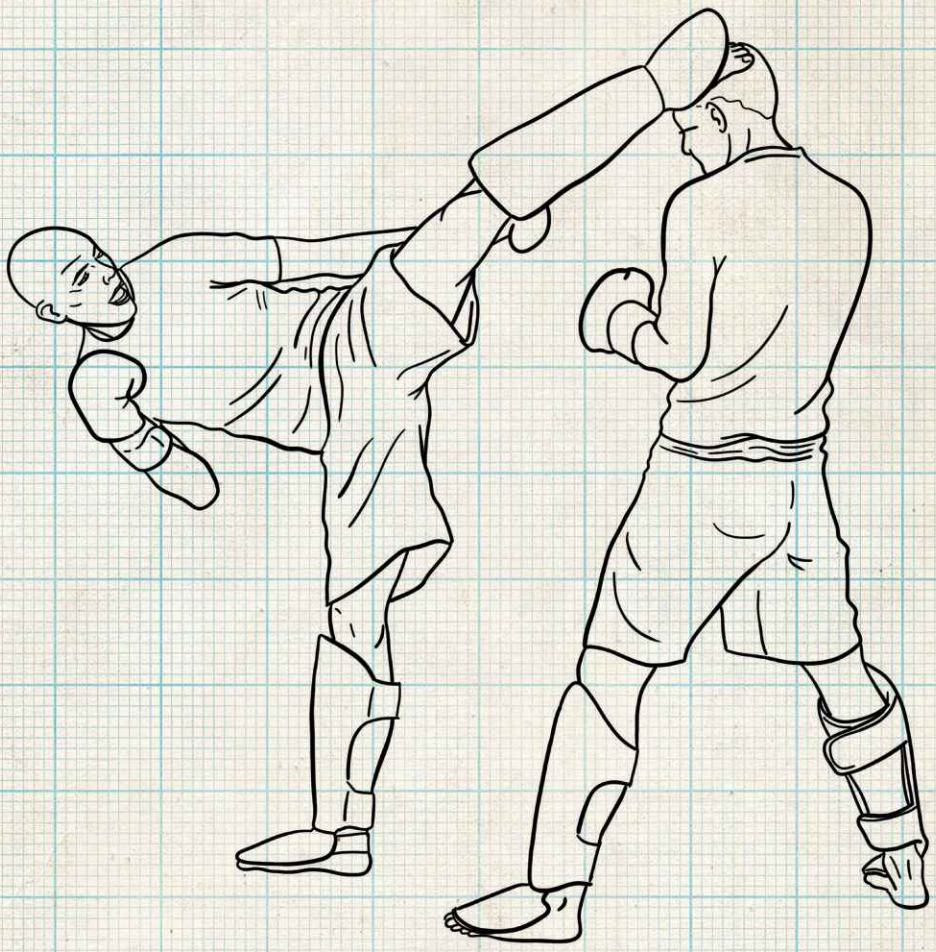

PREFACE

I have been passionate about martial arts for as long as I can remember. Way before I trained or took it seriously, I was always fascinated with its portrayal in film, tv and comic. I first took up actual training when I was about 8 years old.

It was in a traditional Karate class held in a local school hall. Everyone was wearing white Gi's, stood in long lines and working techniques in unison, as you might have expected. I had desperately wanted to go and give it a try at that point, but for some reason, I did not really find what I was looking for and quickly left after only a few classes.

Looking back, I guess it was probably a case of being a kid and expecting it to be like that which I had seen on television. Fast forward to becoming a teenager and I had become something of a geek in school. A not disliked geek in the sense that I was clever enough to help my friends and the people around me do their work, but a geek all the same.

Apart from my brief dalliance with Karate, I had not found any physical activity or sport that I really stuck to in the years leading to this point. I played football at school during breaktimes with friends but that was about it. My primary school report upon leaving even read "Physical skills and co-ordination are poor" in the PE section.

One night though, upon returning home from secondary school, I found a leaflet had been pushed through my front door from a local martial arts centre. On the front of it there was a picture of the instructor doing the same jumping kick you see made famous by JCVD in all his old school hits. The text talked about Kickboxing, Freestyle and weapons. Suffice to say, my interest was piqued. I immediately rang, spoke to the instructor and arranged my first lesson.

From that point on, I was hooked, and would train as much as I could each week. The styles taught at the gym were primarily Kickboxing, Freestyle Karate and something of an eclectic weapon based Budo system. My family were not well off so I used the money I made from a part time job to help pay for equipment, private lessons and seminars whenever I could afford them.

Growing up as I did, in the time before internet, google and social media, I was limited in how I could quench my thirst for learning more beyond the mats. I would go looking in what local martial arts shops and book shops I could find but the quality on offer was always very hit and miss. Spending what little money I had on books and videos that turned out to be all shades of terrible was an ongoing experience at that point.

There were a few magazines in publication though and they sometimes bore great nuggets of training wisdom in their pages. They would talk about all the different martial arts styles, instructors and athletes to be found in countries around the world. I would often think to myself how cool it would be to visit them all in person and see for myself how they trained, whether they were any good or not and what I could learn from them.

This was essentially where the seeds were planted for this book, Warrior Collective and all the travel, filming and editing I have done over this past decade. I have had my eyes well and truly opened to just how deep the talent pool goes when it comes to martial arts and combat sports in this world. For that I am truly thankful and grateful. I knew though that others would share both my interest and my passion for seeing all that I have mentioned.

Given that you are reading this right now, I suspect you are probably one such individual. If this is the case, I know you are going to love what you are about to find in these pages.

Consider this book as my gift to you, from one martial artist to another!

Yours in training

Stuart Tomlinson

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INTRODUCTION

As I mention in the preface, the idea behind this book started many years ago. The first major step towards its creation though was in the founding of Warrior Collective. I came up with the name Warrior Collective to signify that it was both martial arts/combat sports related and made up of many individuals coming together.

I initially started off visiting martial arts instructors and athletes around the UK so that I could film tutorials with them to put on the Warrior Collective YouTube channel. This was both to create a free resource for people around the world to be able to tap into and to promote those that I visited (and how they coach) to a wider audience

This then grew into a dedicated website, multiple streams of social media, the creation of a vast library of full-length instructional volumes and a bespoke app.

The Evolution of Martial Arts in Combat Sports sees me bring together 18 truly exceptional coaches from a variety of different martial arts and combat sports backgrounds to showcase how modern-day elite level instructors train their athletes. Each coach chose a topic they wished to cover as the theme of their chapter.

Within these pages you will find drills for Boxing, Karate and MMA. You will learn concepts to help improve your ability to attack, defend and evade. You will gain insights from Taekwondo Olympians, Kickboxing world champions and true legends of Muay Thai.

However, this book is not just about reading and learning theory, its place lies by your side for use whilst you are in the gym or at training. The real benefits of martial arts lie within its constant practice. Drill, repeat and perfect. Build new skills in this manner utilising all that you learn throughout this book.

You will notice how each coach instructs with the rule set of their own particular competitive arena in mind. This is not to say that there is no crossover between each chapter. Far from it. If you open yourself up to training in different ways, you will often find how to adapt each one for whatever purpose you want to use it for. Take the Boxing footwork and add it into your Kickboxing training. Blend the Muay Thai with Taekwondo to give yourself an edge in sparring. Add the fast Karate strikes to your MMA tool kit. You are only really limited in this manner by your own creativity.

You can use this book as a standalone resource, or you can add to it by following each of the coaches featured via their social media, and by scanning the QR codes you find at the end of each chapter to learn more from them.

DAMIEN ALAMOS

Damien Alamos is a French Muay Thai Kickboxer who fights out of Singpatong gym in Thailand. His family is from Chile, but he grew up in France. He has won major titles including the WMC, WPMF European, and Lumpinee title at 140lbs (63.5kilos). His two managers are Numnoi and Rodrigo Alamos. Num is his manager at Singpatong gym in Phuket and Rodrigo is his uncle that runs Impacts Bordeaux Clubs in France.

Damien started out training in Savate Boxing (French Kickboxing) when he was 8 years old. By the age of 10, Damien had switched over to Muay Thai under his uncle Hugo Alamos. Hugo would go on to remain as one of Damien's main trainers throughout his career.

At 14 years old Damien travelled to Thailand and had his first fight in Koh Samui. He would then return to France, where he would continue to have amateur fights, whilst at the same time travelling back and forth to Thailand to have professional bouts. At the age of 18 he would become the French Muay Thai Class A Champion at 63.5 kilos.

After winning the French title, Damien would set his sights on the WPMF title with a fight against the tough Iranian, Abass Ahmadi. He would win this fight in a 5 round decision where he would get his first major title in Thailand.

Since the age of 14 Damien has trained at many different camps in Thailand. Por Pramuk gym, Jocky gym, Baan Muay Thai gym and Somrak Khamsing have all played host to Damien during his formative years as a fighter. He would finally settle down in 2009 at a small gym located in Phuket, Thailand that was managed by Numnoi.

Damien Alamos is only the second non-Thai to win a Lumpinee title and the first non-Thai to ever defend a Lumpinee belt in 2012. He has fought some of the toughest opponents around the world and been successful numerous times. Damien has fought two legendary fighters Saenchai and Orono and came away with close defeats.

Accolades:

- Lumpinee Stadium Champion
- WMC World Muay Thai Champion
- Thai Max Tournament Champion
- WPMF World Muay Thai Champion

Damien-Alamos-Officiel

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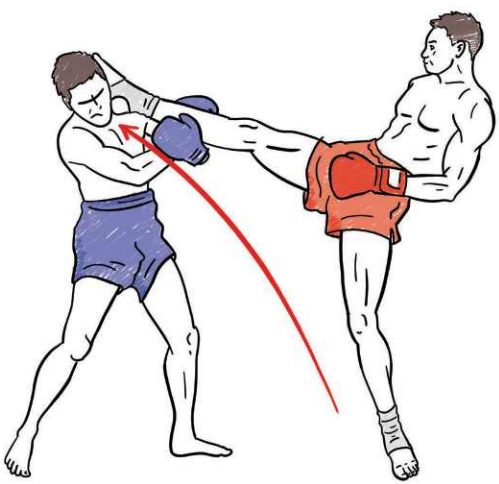
How to use elbows and knees effectively in Muay Thai

Given that I know most fighters predominately like to work on their punches and kicks, I instead wanted to cover the use of elbows and knees in my chapter in this book. I am well known for my extensive use of both, and in particular the elbow, within my fighting career.

Stylistically, the elbow and the knee are more synonymous with the art of Muay Thai than possibly any other martial arts discipline in the world. As such, elite level fighters and coaches develop details on their delivery, akin to what you find with punches in Western Boxing.

Within these combinations and drills I have put together for you, I am showcasing some of the ways I like to set up and use both within high level fights. You will notice that I look to control key areas such as space, hands and hips whenever I engage my opponent in any particular range.

Use of hand traps and the clinch, as well as feints from longer range techniques such as kicks are all concepts I mix between when I am sparring or training. The real success within these skills though will only come from their repeated practice. It is not enough just to know the theory, you must drill repetitively so that your body moves instinctively throughout. This is especially important in the clinch. Elbows and knees can end fights quickly and decisively. Neglect their use and you will not achieve your full potential.



TECHNIQUE 1

1. Start facing your opponent in orthodox stance.

2. Throw the jab. Don't over commit with it. Look to bait your opponent rather than trying to damage them.

3. Immediately regain your stance and see how your opponent reacts.

4. A lot of fighters will throw the jab straight back. Typically they step the lead leg when they do this, which in turn gives away their intent

5. As they throw the jab, look to parry the punch slightly down and catch their glove.

6. At the same time step forward and throw a lead uppercut elbow to their face.

The hand trap into the elbow needs to be executed quickly but with control. Keeping their hand pinned to your chest will allow you to both pull them and pivot more into the elbow, resulting in added power with the strike.

The lead hand is essential here, both in order to control your opponent and act as a long guard should they try to throw anything off their rear side.

7. Keeping their hand pinned to your chest, you should then seek to control their head with your lead hand.

8. Once you have this, use the controls you have gained to throw a hard right knee to their mid-section.

9. As you return to your stance, start to pull their pinned hand towards you and allow your lead hand to collapse slightly so they are brought forward under your control.

10. Keeping control with your lead hand, release their pinned hand by pushing it down slightly and flaring your elbow.

11. Immediately retract your lead hand back to your guard and throw a hard right elbow to their face.

12. Straight away you should extend your lead hand back out in order to create a frame and control point once more

13. Use this to then create space before stepping back out of range of any potential counters.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Throw the jab. Don't over commit with it. Look to bait your opponent rather than trying to damage them.

3. Immediately regain your stance and see how your opponent reacts. A lot of fighters will want to attack with their hands in return. As they do this, they typically will step the lead leg towards you.

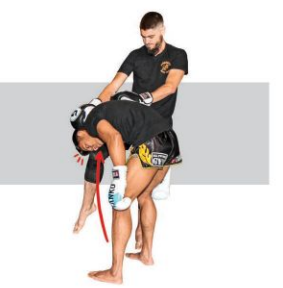
4. Already anticipating this response, immediately step off-line to your left and seek to capture the back of your opponent's rear hand with your lead hand.

5. Once you have this, take a step towards them from the new angle you have created, pull their guard out of the way and deliver a lead elbow to their head.

6. Straight away look to capture a clinch style grip by putting your rear hand on the back of their head, whilst dropping your lead hand to their shoulder.

7. Once you have this you should throw a hard right knee to their mid-section.

8. Following this, land your rear leg further back behind you. Use this momentum to help pull your opponent's head down and turn them even more.



9. Immediately throw another hard right knee. Ideally you should aim this second strike towards their head at this point but you can throw it to the mid-section if this area is not open.

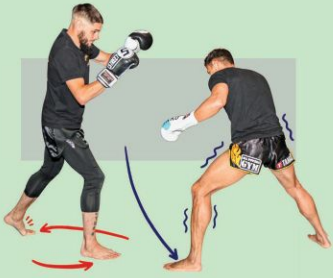
TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. As your opponent throws a lead teep towards your mid-section, step your rear leg back as you seek to catch their kick. Do this by using the palm of your left glove underneath the ankle in combination with your right hand on top of their foot. Keep the foot away from your body to minimise the risk of them being able to free their leg.

3. Immediately pull the gripped foot across your body and past your right side towards your rear leg.

4. This will widen their base and ensure they land in a deeper stance, off-balance and with their guard opened.



5. As you let go of the foot, switch your stance by taking your lead leg back and your rear leg forward.

6. At the same time seek to control their head with your left hand as you throw a hard left knee to their mid-section.

7. Rather than landing the knee back, you should drop it down forward to land back in your orthodox stance. At the same time start to push down with your left hand on the back of their head and turn your body towards your right.

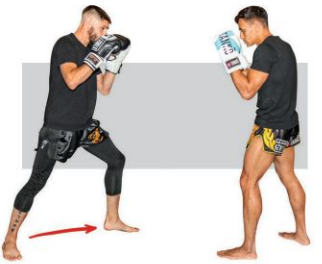
8. Straight away use your left leg to sweep their front leg further out and disrupt their base even more. At the same time you should keep a downward pressure on their head with your left hand.

9. Immediately land your left leg back behind you as if you were going into a southpaw stance. The whole time you should keep control with your left hand on the back of their head and keep them as low as possible.

10. Follow this by throwing a hard left knee to their head using your controlling hand to help guide your strike and ensuring it hits more effectively.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.



2. Step forward and across with your lead leg.

3. Immediately throw a hard rear body kick.

4. Recover into a wider stance by landing your rear leg further back behind you.

5. Use this wider stance to then step your lead leg back and create space between you and your opponent.

6. A lot of fighters will then counter with the same side they have blocked with. This can be seen easier on this side as they will then switch their stance to start their attack.

7. Immediately raise your back leg and block their kick by turning your rear shin out at a 45 degree angle to your right. Ensure you bring your knee to the inside of your elbow so there are no gaps the kick could get through.

8. As they look to recover their stance, keep your leg lifted momentarily whilst you check no other kick is coming. Then simply put it back down at the rear to regain your stance.

TECHNIQUE 4 CONTINUED

9. Trigger a reaction in your opponent by immediately turning your right hip is if you were going to counter with a rear kick in return.

10. As they look to block, immediately step forward with your rear leg and seek to control the back of their head with your left hand.

11. Straight away throw a hard left knee to their mid-section.

12. Use the controlling hand to push them away as you land your lead leg back back behind you.

13. Take a quick step out to your right with your lead leg.

14. Straight away throw a left body kick.

15. Land your left leg back behind you.

16. Immediately step your right leg back to both create space and put yourself back into an orthodox stance.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Raise your lead chamber to feint the teep and draw a reaction from your opponent.

3. As you put it back down, make sure to land it light and into a narrower stance so as to ensure you are able to keep your weight over your rear leg.

4. Immediately push off your back foot and spring forward with a side teep to catch your opponent unaware.

PRO TIP!

You will make teep feints more believable by ensuring they are explosive and by lifting the knee chamber high enough for opponents to both see and react to.

5. Land your lead leg forward to recover your stance and then step back to create space.

6. As your opponent steps towards you to close this distance back up, make sure you have your weight predominately over your back leg again.

7. Explosively raise your lead chamber once more to again feint the teep and draw a reaction from your opponent.

TECHNIQUE 5 CONTINUED

8. From the high chamber, switch your feet so that your left leg goes back and your right leg comes forward into a southpaw position. Ensure you don't flatten your rear heel and lose your momentum. At the same time, reach out for their head with your left arm.

9. As you make contact and grip the back of their head with your left hand, pull them down slightly and throw a hard left knee to their mid-section.

10. Immediately land your left leg forward into an orthodox stance and tie them up into a clinch position. You are looking to have your arms on the inside. Left hand on the back of the neck and right hand to the back of their lead tricep.

Win the clinch by creating strong frames on the inside. You will then be able to turn them easily like you would the steering wheel of a car.

11. Straight away step your back leg behind you in a 180 degree half circle as you turn and off-balance them in the clinch. With your arms you will lift your left and turn their head with the same hand, whilst pulling down with the right on the back of their arm. You are looking to disrupt their base, expose their body and lower their head whilst keeping control of the clinch.

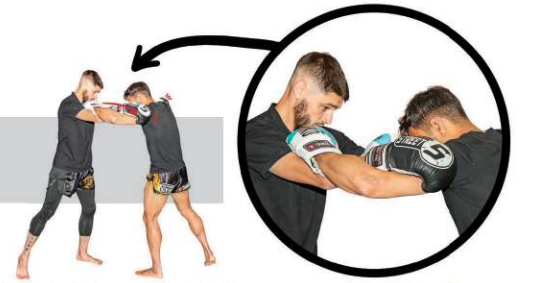
12. Fire a hard right knee to their mid-section.

13. Step back with your rear leg to both recover your stance and create space.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. As your opponent throws a lead hook, block the strike by utilising a long guard. Your rear arm will shield the shot as you extend your lead arm into their face.



3. Immediately drop into the clinch by securing the inside position on both of your opponent's arms. Move your right arm down his left and grab the back of his tricep. Establish the same with your left arm by moving down across their head to capture the opposite limb.

A closer look at the inside tie-up!

4. Straight away pull them close and drive your hips into theirs. This will stop them from being able to knee strike by taking away the distance they need.

5. Push your left leg back into a wide southpaw stance whilst still maintaining control in the clinch.

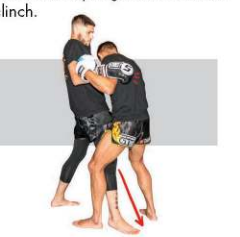
6. Throw a hard left knee to their mid-section.

7. Drop your lead leg forward back into an orthodox stance and immediately re-establish the same position of hips tight and a secure clinch.

8. This time push your right leg back into a wider orthodox stance whilst still maintaining the same control in the clinch.

9. Alter the angle with the hard right knee you now throw by drawing it high towards your head.

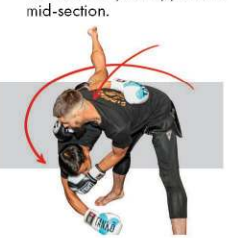
10. Immediately follow this by dropping it down and forward into your opponent's mid-section.



11. Land your right leg close to them and aim your foot to go to the inside of their left leg as far through as you can.

12. Pinch your arms into your hip and put your hands on their hips. This will allow you to drop your centre of gravity whilst still maintaining control of the clinch.

13. Straight away drive up through your right hip as you push with your right arm and pull with your left arm. Rotate your body to ensure the movement is both strong and fast.



14. At the same time step your left leg in a 90 degree quarter circle behind you and keep turning your opponent with both your arms and body to throw them from the clinch.

15. You can release the clinch just prior to them hitting the floor.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. Step forward and to your left with your lead leg. Turn your right hip over and feint the rear body kick to draw a reaction.

3. Immediately utilise the pivot of your shoulders and fire a long left uppercut to their head.

4. Follow this by stepping your rear leg forward and securing the clinch. You want both arms on the inside position grabbing the backs of both their triceps on either side.

5. Pull their arms towards you to close the space and drive your hips into theirs. This will stop them from being able to knee strike by taking away the distance they need.

6. Flare your right elbow out slightly and raise it. This will bring their left arm with it.

7. Straight away pull their right arm back down and step back with your right leg into an orthodox stance whilst pivoting to throw a short left uppercut elbow to the side of their head.

Turn at your hips to get the extra power in the upward elbow.

TECHNIQUE 7 CONTINUED

8. Step your rear leg back forward and immediately re-establish the same position of hips tight and a secure clinch.

9. This time push your right arm high up to the inside of the clinch to remove any tie they have on that arm.

10. Immediately pull this arm back down to overhook their arm and pinch it tight to your hip. At the same time step your right leg back into a wide orthodox stance and break their posture forward.

11. Raise your left arm to their shoulder and start to set your right arm by lifting your hand. Still maintain control of them by pinching with the inside of your elbow.

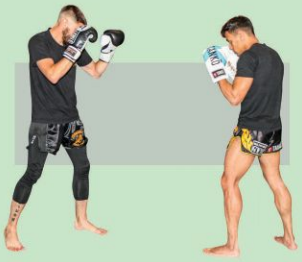
12. Pivot your rear leg and throw a hard right elbow to the side of their head.

13. Straight away drop your right arm back down to re-secure the clinch position. At the same time step your left leg forward and narrow your stance.

14. Pivot out with your left foot and step your right leg in a 90 degree circle behind you. Whilst doing this push the side of their head with your left hand and pull their arm with your right overhook tie.

15. After you have broken their balance and base, throw a hard right knee to their mid-section.

TECHNIQUE 8



1. Start facing your opponent in orthodox stance.

2. Switch your feet by stepping your right leg forward and to the right, whilst bringing your left leg back at the same time.

3. Immediately throw a hard left body kick to their mid-section.

4. Land your left leg back behind you into a southpaw stance.

5. Follow this by stepping your right leg straight back to both create space and put yourself back into an orthodox stance.

6. Your opponent will want to counter this aggression. You anticipate this and as they step forward with their lead leg, you have both the space to prepare and the knowledge that it is coming.

7. As they throw the rear body kick, take a step out to the right with your rear leg and catch their leg tight under your left arm. Make sure you catch it near the ankle and pinch it close to your body with your elbow. Ensure you keep your right hand high in your guard.

8. Straight away step forward with your rear leg and throw a hard right uppercut elbow to your opponent's head. At the same time loosen the grip slightly on their caught leg so you can move easier but don't let go of it.

9. Immediately then take a step back with your right leg into a wide orthodox stance, drop your right hand over the top of your opponent's foot as you release the kick away from your body with your left hand.

10. Pull their leg down and back towards your rear leg to off-balance them.

11. As you let go of the foot you need to intercept their forward body movement by throwing a hard right knee or jumping knee to their head as they drop back into a wider, lower and more open stance. The timing of this is important in order to land with as hard and effective a strike as possible.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Take a step out forward and to your right with your rear leg.

3. At the same time throw a hard left roundhouse kick to the inside of their lead leg.

4. Recover your base by landing your left leg back into a southpaw stance.

5. Create further space by stepping your right leg back and regain your orthodox stance once more.

6. Your opponent will want to counter this aggression. You anticipate this and as they switch their stance to attack, you have both the space to prepare and the knowledge that it is coming.

Stance changes are a great way to create space after attacking an opponent. Ensure you drill the footwork often in order to avoid bringing your feet together under pressure.

7. As they throw the left body kick, take a step out to the left with your lead leg and catch their leg tight under your right arm. Make sure you catch it near the ankle and pinch it close to your body with your elbow. Ensure you keep your left hand high in your guard.

8. Loosen the grip of their leg, slide the palm of your glove behind their ankle/heel and slightly pull their foot to your right side. At the same time rotate your body, step your lead leg forward and throw a hard left elbow to their head.

9. Change the elbow into a push by extending the arm across their face. At the same time let go of their leg.

10. As they land off balance and lose both their base and their guard, throw a hard right kick to their head.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Take a step forward and to your left with your lead leg. Immediately throw a hard right body kick.

3. Recover your stance by landing your rear leg back.

4. Immediately take another step forward and to your left with your left leg. At the same time throw another hard right body kick.

5. Recover your stance once again by landing your rear leg back.

6. Take another step with your lead leg forward and to your left but this time turn your right hip to feint the right body kick. At the same time reach out with your rear hand and look to control the lead arm of your opponent's guard.

7. Once you have secured the arm, pull it down and loop your hand over it.

8. Scoop their hand to the outside of your body.

TECHNIQUE 10 CONTINUED

9. At the same time step forward with your rear leg to the outside of their lead leg and throw a hard right elbow to their head.

10. Immediately extend this arm across their face and step deeper with your right leg so that your hip goes behind theirs.

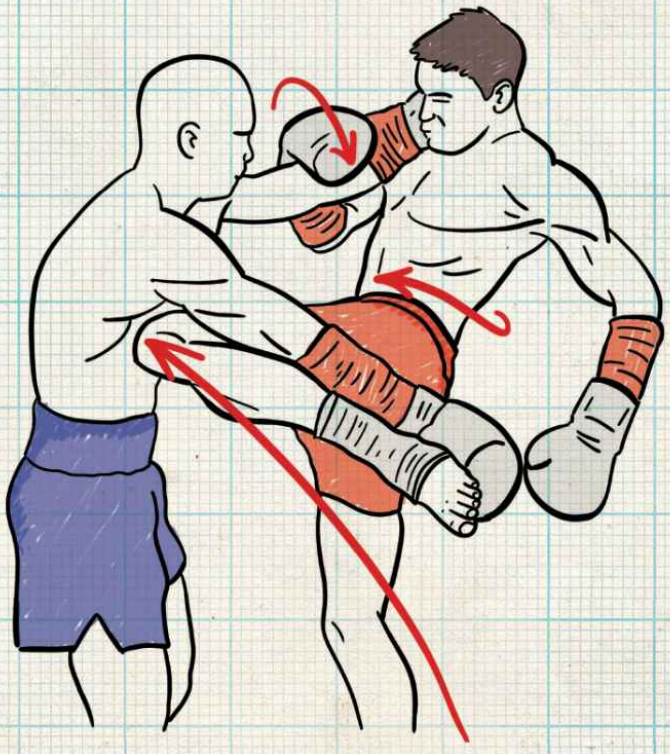
11. Straighten out your right arm and start to push off your right foot in order to drive your hip up and into their body.

12. Follow this with the sweep by driving their body over your hip. You should be pulling them with your arm at the same time as you push through with your hip.

13. Aim to drive through in order to take them completely off their feet.

It is important to get as tight as you can to make this sweep work. Your right hip should be directly behind the middle of their body and your arm far across their face or chest. Doing this sequence of movements quickly will also aid in its effectiveness.

For further coaching with Damien scan the QR code:



DAVID BREED

David Breed is a 7th Dan black belt in Freestyle Karate, chief instructor of Evade Blackbelt schools and Kick Jiu Jitsu World Champion.

David first started training Martial Arts when he was 13 years old. His parents took him for a class at a local centre after he was being severely bullied in school. At this point he found himself in Taekwondo (from which he later got his black belt in), before moving over to Muay Thai and Freestyle Karate.

From a young age he competed all over the UK in different disciplines and earned national titles in both Kickboxing and Karate. He was invited to join a well-known Freestyle team in the early 1990's called The Warriors and after travelling over to the states for competition, he went onto win a gold medal at the Kick Jiu Jitsu Championships there in 1998.

Alongside his extensive competitive experience, he opened numerous full-time academies in the North of England. From which he has produced numerous Champions over the years ranging from National to World Level. He is now a much sought-after coach, well known for his high level technical ability.

Accolades:

- Kick Jiu Jitsu World Champion
- WAKO Kickboxing National Champion
- Shorai Champion
- Two-time UK Hall of Fame Award Winner

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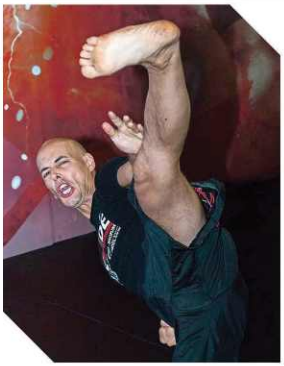


Pad work typically tends to be one of those things everyone enjoys but it also brings with it a multitude of training benefits when utilised in the correct way. Throughout my own time in Martial Arts, as both a fighter and a coach, I have always used pad work as means to develop both myself and my students.

Pad work has advantages over bag work in the sense that your pad holder can ensure you work on distancing, reactions, defence and countering, all of which are much more difficult to develop on a fixed piece of equipment. You can see pad work being used extensively across the vast spectrum of combat sports. No matter whether you come from Boxing, Muay Thai, Kickboxing or one of the many other striking based disciplines, you will be using pads on a regular basis.

It is easy enough for beginners to access straight away, whilst still allowing the coach the ability to increase the challenge of their use to suit the needs of elite level athletes at any given point. Different styles and systems are used the world over. Some prefer set combination drills and number-based calls, whilst others may find freestyle or reaction pad work more to their liking.

You are only really restricted by your knowledge, experience and creativity. In this chapter I go through a series of some of my favourite set combination drills. Each one has been designed for a different purpose. Some simply to warm up, others to work on specific skill development such as countering the front kick or encouraging high volume striking.

They are all challenging in their own way. No matter what level of ability you or your student are, I would recommend building them up in layers i.e., two techniques for 10 repetitions or a timed round. This will not only give you the chance to really work the fitness aspect of pad work, but the repeated drilling of the sequences will also help build the necessary neural pathways to ensure the skills being trained are instilled successfully.

TECHNIQUE I

1. Start facing your pad holder in orthodox stance.

2. Your pad holder raises their pads high above your head height.

3. Throw a left jab high to their lead pad.

4. Follow this with a right straight punch high to their rear pad by pivoting your back foot and turning your hip over.

5. Throw another left jab high to their lead pad.

6. Follow this with a right straight punch high to their rear pad by pivoting your back foot and turning your hip over

7. Your pad holder drops their pads back down to your head height.

8. Throw a left jab to their lead pad.

TECHNIQUE 1 CONTINUED

9. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

10. Throw another left jab to their lead pad.

11. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

12. Your pad holder drops their pads down further to just above your knee height and bends their legs to sit lower. Match their level change by sitting your weight down into an equally deeper stance.

13. Throw a left jab low to their lead pad.

14. Follow this with a right straight punch low to their rear pad by pivoting your back foot and turning your hip over.

15. Throw another left jab low to their lead pad.

16. Follow this with a right straight punch low to their rear pad by pivoting your back foot and turning your hip over.

TECHNIQUE I CONTINUED

17. Your pad holder stays low and turns their pads downwards. Stay in the same deeper stance with them.

18. Throw a left uppercut low to their lead pad.

19. Follow this with a right uppercut low to their rear pad by pivoting your back foot and turning your hip over.

20. Throw another left uppercut low to their lead pad.

21. Follow this with a right uppercut low to their rear pad by pivoting your back foot and turning your hip over

22. Your pad holder stands back up into their normal stance position and raises their pads at the same time. Match their level change and come up with them.

23. Throw a left uppercut to their lead pad.

24. Follow this with a right uppercut to their rear pad by pivoting your back foot and turning your hip over.

This pad work drill is designed as a warm up for striking. The idea is that all functional movements are utilised across the whole sequence in order to prepare the body for any workout to follow.

TECHNIQUE 1 CONTINUED

25. Throw another left uppercut to their lead pad.

26. Follow this with a right uppercut to their rear pad by pivoting your back foot and turning your hip over.

27. Your pad holder raises their pads high above your head height.

28. Throw a left uppercut high to their lead pad.

29. Follow this with a right uppercut high to their rear pad by pivoting your back foot and turning your hip over.

30. Throw another left uppercut high to their lead pad.

31. Follow this with a right uppercut high to their rear pad by pivoting your back foot and turning your hip over.

32. Your pad holder drops their pads back down to your head height. At the same time they turn their lead pad to the side.

33. Throw a left hook to their lead pad.

TECHNIQUE I CONTINUED

34. Follow this with a right hook to their rear pad by pivoting your back foot and turning your hip over.

35. Throw another left hook to their lead pad.

36. Follow this with a right hook to their rear pad by pivoting your back foot and turning your hip over.

37. Your pad holder takes their arms out wide at your head height. At the same time they turn their pads back towards you.

38. Throw a left jab wide to their lead pad.

39. Follow this with a right straight punch wide to their rear pad by pivoting your back foot and turning your hip over.

40. Throw another left jab wide to their lead pad.

41. Follow this with a right straight punch wide to their rear pad by pivoting your back foot and turning your hip over.

This drill can be done with 2 – 10 of each movement. A six count, which is the number most commonly used with this, would mean you do 6 straight punches high, 6 straight punches normal, 6 straight punches low, 6 uppercuts low, 6 uppercuts normal, 6 uppercuts high, 6 hooks normal, 6 straight punches wide, 6 knees, six sprawls under the jab. 6 sets with little to no rest in between. All can be done in one stance or you can do half orthodox and half southpaw (you would just need to reverse the striking with a right lead).

TECHNIQUE 1 CONTINUED

42. Your pad holder brings the pads in front of their body and frames them diagonally down towards your legs. They put one pad on top of the other to allow for stronger shots to be delivered.

43. Throw a long right knee to the pads.

44. Recover your stance by landing your right leg back behind you.

45. Switch your legs by taking your lead leg back and your rear leg forwards. As you do this, throw a long left knee to the pads.

46. Recover your stance by landing your left leg back behind you.

47. Switch your legs by taking your lead leg back and your rear leg forwards. As you do this, throw a long right knee to the pads.

48. Recover your stance by landing your right leg back behind you.

49. Switch your legs by taking your lead leg back and your rear leg forwards. As you do this, throw a long left knee to the pads.

TECHNIQUE 1 CONTINUED

50. Recover your stance by landing your left leg back forward.

51. Your pad holder will simulate an attack by throwing their left jab towards your head.

52. As they do this, immediately drop your weight down to level change.

53. Sprawl over your left hip as the jab extends over your head.

54. Spring straight back up off the floor into a lower stance.

55. Level change to raise and stand facing your pad holder once more.

TECHNIQUE 2

1. Start facing your pad holder in orthodox stance.

2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by parrying their punch with your rear hand.

Try to parry their strike at the wrist using the palm of your glove or own wrist. Imagine you are trying to redirect their shot slightly down and towards your left. At the same time you want to bring your right shoulder slightly forward.

3. By parrying and bringing your right shoulder forward, you are 25% of the way into the movement of the counter, which you do here by immediately throwing the right cross to your pad holder's rear pad. It can be more of an overhand if your pad holder is taller. Ensure you pivot your back foot to get your hip into the punch.

4. From the punch, drop your weight lower and then pivot straight back off your left foot to throw a body shot to your pad holder's pad.

5. Pivot strongly to your left and make sure you sit back deeper into your stance once again.

6. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

7. After the punch has landed, take a step out to your left with your lead leg. Move your leg in sync with your left hand retracting back to your guard. At the same time extend your right arm towards your pad holder's head to utilise a long guard.

8. As you do this, pivot your left foot anti-clockwise and fire a right leg roundhouse kick to the pads on your partner's mid-section. Whilst doing this ensure you keep your right long guard arm out in order to keep a tighter defence and help maintain distance if necessary.

TECHNIQUE 2 CONTINUED

9. Recover your stance by landing your rear leg back behind you.

10. Your pad holder then initiates a second attack by throwing a right straight punch at you. As they do this, take a small step out to your left with your lead leg.

11. As you parry their punch with your lead hand, you are looking to pivot off your front foot to allow your whole body to come off the centre-line.

12. Immediately push off your back foot and drive a jab towards your pad holder's lead pad. They will need to angle it towards you higher than the arm they just attacked you with.

13. Follow this with a right cross to the pad on their mid-section. You need to sit your weight down, pivot your back foot and rotate your hips to ensure this punch is effective.

With this parry, you are trying to redirect their shot slightly down and towards your right. This will help create both the space and time needed to counter punch over this arm before the guard can be recovered.

14. Straight away post your left arm onto your pad holder's right shoulder and push them away from you.

15. As they are moved back they need to move their pads across the front of their thighs facing up.

16. Use the space you have created to take a small step to your left with your lead leg. As you do this, pivot your left foot anti-clockwise and throw a hard right roundhouse kick to the pads across your pad holder's legs. At the same time, extend your right arm towards your pad holder's head to utilise a long guard.

TECHNIQUE 3

1. Start facing your pad holder in orthodox stance.

2. Throw a left jab to their lead pad

3. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

4. Your pad holder then initiates an attack by chambering their lead leg high towards you.

5. Seeing this, you back step to defend by moving away as their front kick extends to hit you in the mid-section.

6. They then put their lead pad onto the outside of their front leg facing out.

7. Immediately take a small step to your left with your lead leg. As you do this pivot your left foot anti-clockwise and throw a right roundhouse kick to the pad on their leg. At the same time, extend your right arm towards your pad holder's head to utilise a long guard.

8. Recover your stance by landing your rear leg back behind you.

9. Straight away push off your back foot to drive forward and throw a right straight punch to their rear pad. Ensure you pivot your back foot and turn your hip over.

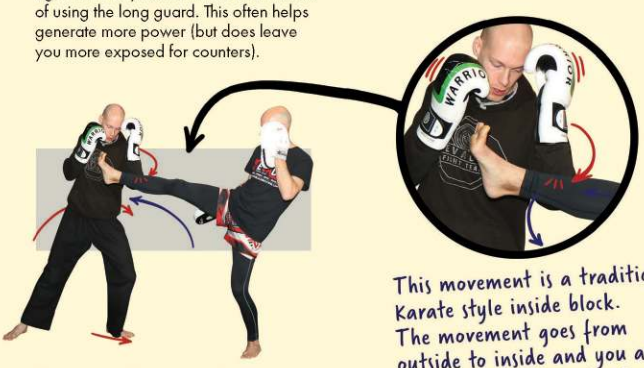
10. Recover your stance by bringing your right hand back to guard. As you do this your pad holder will place both pads on the left side of their body.

TECHNIQUE 3 CONTINUED

11. Take another small step to your left with your lead leg. As you do this pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads on their body. You can play with dropping your right hand as you deliver the kick instead of using the long guard. This often helps generate more power (but does leave you more exposed for counters).

12. Recover your stance and create space by landing your rear leg further back behind you. At the same time extend your lead hand to use a defensive frame as you move.

13. Your pad holder then initiates a second attack by chambering their rear leg high towards you.



14. Immediately take a small step out to your left with your lead leg. As you do this, rotate your right shoulder back and intercept their kick by using your lead forearm to block it from landing on your mid-section.

This movement is a traditional Karate style inside block. The movement goes from outside to inside and you are looking to use the side of your forearm in line with your little finger or your elbow. The correct rotation of your body will make this double up as both an effective block/strike and redirection all in one go.

15. As this forces their leg to land further away from you, the pad holder then feeds you the pad onto the outside of their body with their right arm.

16. Throw a right cross to the pad on the side of the body. You need to sit your weight down, pivot your back foot and rotate your hips to ensure this punch is effective.

17. Pivot straight back with your left foot as you straighten your legs to rotate into a left hook to the pad at your head height.

18. Your pad holder then puts both pads together to the side at your head height.

19. From the left hook you need to straight away pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads at head height. At the same time, drop your left arm as you deliver the kick. This will help you generate more power.

TECHNIQUE 4

1. Start facing your pad holder in orthodox stance.

2. Throw a left jab to their lead pad.

3. Rotate strongly to your left and make sure you sit deeper into your stance. Pivot your back foot to load your hips up onto your left side.

4. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's framed pads at body height.

5. Rotate strongly to your left once again and pivot your back foot to load your hips up onto your left side.

6. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

TECHNIQUE 4 CONTINUED

7. Your pad holder then puts both pads together on their left side at body height.

8. Straight from the punch, take a small step to your left with your lead leg. As you do this pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads on their body. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

9. Recover your stance by landing your rear leg back behind you.

10. Immediately, take another small step to your left with your lead leg. As you do this, pivot your left foot anti-clockwise and start to feint the right body kick. You are looking to draw their lead leg up as a block.

11. Once you have drawn this reaction, keep pivoting your front foot and bring your right leg all the way across your body into a high chambered position. At the same time your pad holder will put both pads on their mid-section facing forwards.

12. Finish the back leg side kick by extending your leg and driving your heel into the pads on their body.

TECHNIQUE 5

1. Start facing your pad holder in orthodox stance.

2. Throw a lead jab to your pad holder's lead pad. Lean forward with it rather than stepping. You are looking to bait an opponent to step forward with this attack.

3. As your opponent steps forward, you should already be sitting your weight back. Think of it like a pendulum. Lean away from your pad holder at the same time as retracting your jab.

4. As you do this, lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position.

5. Extend your leg and drive your left sidekick into the pads on the front of their mid-section. You are aiming to hit with the heel.

6. Recover your stance and create distance by landing your lead leg back in front of you and stepping away.

TECHNIQUE 5 CONTINUED

7. Straight away put your weight back and lift your lead knee high in front of you as you pivot into a side kick chamber once more. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position. Once set, push off your standing leg to slide forwards towards your opponent. This all has to be done in one quick sequence.

8. Once the side kick feint has been bought, land your lead leg back forward once you have closed the distance.

9. Follow this with a right straight punch high to their rear pad by pivoting your back foot and turning your hip over

10. Your pad holder will then simulate an opponent trying to move back by taking a full step away from you with their left leg. As they do this, follow them into the distance by cross stepping your back leg forward. As you take the right foot in front you should already be starting to turn it and your body

11. Your pad holder will then put their left pad out facing the side at your head height.

12. Once you have cross stepped forward, immediately continue pivoting your right foot clockwise and throw a left roundhouse kick to the pad at head height. You are aiming to hit with the instep. At the same time, extend your left arm towards your pad holder's head to utilise a long guard.

TECHNIQUE 5 CONTINUED

13. Take your kick all the way through the pad and land it slightly across your body to your right. Keep your weight over your back foot.

14. Immediately lift your left knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position

15. Extend your leg and drive your left side kick into the pads on the front of their mid-section. You are aiming to hit with the heel.

VARY UP THE SEQUENCE WITH A CAUGHT BODY KICK DEFENSIVE COUNTER:

16. Instead of the head kick in Photo 12, you fire the left roundhouse kick to the body. As you do this though, your pad holder steps to their left and catches your kick in an under arm position.

17. Immediately start to turn your left hip and knee down towards the floor. Point your foot and this should then make your foot easier to clear.

18. Straight away pull your knee and foot down towards the floor to break it free of the catch. Keep your weight over your back foot.

19. Lift your left knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position.

20. Extend your leg and drive your left side kick into the pads on the front of their mid-section. You are aiming to hit with the heel.

PRO TIP!

There are different ways to counter when an opponent catches your kick. In this instance you must make your foot narrower by pointing it and turning your knee to the floor. This, alongside the fact that it is then easier to drive your leg forward, means that it will be harder for an opponent to keep hold of your kick.

TECHNIQUE 6

1. Start facing your pad holder in orthodox stance.

2. Throw a lead jab to your pad holder's lead pad.

3. Your pad holder then initiates an attack by throwing their lead jab straight back at you. As they do this, defend by parrying their punch with your rear hand. Imagine you are trying to redirect their shot slightly down and towards your left.

4. Once you have parried, immediately pivot your left foot anti-clockwise and throw a right roundhouse kick to the back of your pad holder's left pad at head height. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

5. Recover your stance by landing your rear leg back behind you and then step forward with your lead leg to throw another left jab at your pad holder. Instead of catching this on the pad, they simulate an opponent's defence by slipping the punch to the outside.

TECHNIQUE 6 CONTINUED

6. As they do this they will then put both pads on their mid-section facing forward. From the jab, take a little step across to your right with your lead leg and pivot your front foot to the back in a clockwise direction. Whilst doing this, rotate your body and turn your stance away from your pad holder.

7. As you rotate, ensure to look over your right shoulder to spot your target.

8. Chamber your right knee chamber high and thrust your hip/leg towards your pad holder. Extend the turning side kick and drive it into the pads on their midsection using your heel.

FROM THE JAB IN PHOTO 5, THERE ARE TWO ALTERNATIVE KICKS YOU CAN USE TO VARY UP YOUR ATTACK:

8a. From the jab, jump and rotate your body to your right in the air to jump back kick the pads on your pad holder's mid-section. Jumping kicks require all the same movements as their standing counterparts, you just need to perform them quickly and use the momentum generated by the jump/spin, as opposed to the step/turn.

8b. From the jab, take a little step across to your right with your lead leg and pivot your front foot to the back in a clockwise direction. Whilst doing this, rotate your body and turn your stance away from your pad holder. As you rotate, ensure to look over your right shoulder to spot your target. Chamber your right knee chamber high and thrust your hip/leg towards your pad holder.

9b. To finish the spinning hook kick, extend your leg out just to the side of your pad holder's lead pad at head height. Then, using both the momentum of the spin and the chamber, hook your kick through the target and bring your leg all the way through to land back behind you in your stance. You can either hit with your heel or sole of the foot.

TECHNIQUE 7

1. Start facing your pad holder in orthodox stance.

2. Throw a left jab to their lead pad.

3. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

4. Pivot your front leg to your right, pull your right shoulder back and throw a left hook to their lead pad.

5. Your pad holder then puts both pads together on their left side at body height.

6. Straight from the punch, take a small step to your left with your lead leg. As you do this pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads on their body. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

7. Recover your stance by landing your rear leg back behind you.

8. Your pad holder simulates an opponent's attack by switching their feet to initiate a left body kick.

Catching roundhouse kicks is not without its risk. To avoid taking damage whilst doing this, you must be sure to step away from the kick as you catch so that you take the power out of it. It is also important to then grip tight on the leg in order to keep control of it.

TECHNIQUE 7 CONTINUED

9. Immediately take a step to your right in order to take the power out of the kick as you catch it tight under your arm with your right hand. Aim to catch it low as close to the ankle as possible.

10. Straight away take a small step towards their body with your lead foot. At the same time use your left forearm to strike/push their kick to your right as you release the leg with your right arm.

Knock away the trapped leg with your forearm using some force! Twist into it and release your other arm simultaneously.

11. As their leg lands back and they fall off balance, pivot your front foot to the back in a clockwise direction.

12. Whilst doing this, rotate your body and turn your stance away from your pad holder. As you turn, ensure to look over your right shoulder to spot your target.

13. Chamber your right knee chamber high and thrust your hip/leg towards your pad holder.

14. To finish the spinning hook kick, extend your leg out just to the side of your pad holder's lead pad at head height.

15. Then, using both the momentum of the spin and the chamber, hook your kick through the target. You can either hit with the heel or sole of your foot.

16. Bring your leg all the way through to land back behind you in your stance.

TECHNIQUE 8

1. Start facing your pad holder in orthodox stance.

2. Throw a left jab to their lead pad.

3. Put your weight back, lift your lead leg and chamber your left knee high in front of you.

4. Finish the teep by extending your leg and driving it into the pads on your pad holder's mid-section. You are aiming to hit with the ball of the foot.

5. Recover your stance by landing your lead leg back forward in front of you.

6. Immediately switch your feet by taking your lead leg back and your rear leg forwards.

7. Use this momentum to lift your lead leg and fire the left teep once more to your pad holder's mid-section.

8. Recover your stance by landing your lead leg back forward in front of you. As you do this your pad holder will place both pads on the left side of their body.

9. Take a small step to your left with your lead leg. As you do this pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads on their body. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

TECHNIQUE 8 CONTINUED

10. Recover your stance by landing your rear leg back behind you.

11. Take a small step forward with your lead leg as you drive a left cross elbow into your pad holder's lead pad.

12. Immediately pivot your back foot and extend your right arm over the top of your pad holder's right shoulder to clinch them behind the head with the palm of your glove.

13. Using this now extended arm as both a long guard and a means to break your pad holder's posture, pull them towards you slightly as you throw a long right knee to the pads.

14. Recover your stance by landing your rear leg back behind you. As you do this though, coil your left shoulder back and ensure your back foot is pivoted.

15. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

16. Follow this with a right uppercut to their rear pad by pivoting your back foot and turning your hip over.

17. Rotate your body straight back to your right and pivot hard into another left hook to your pad holder's lead pad at head height.

18. Immediately, take a small step to your left with your lead foot, pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads at head height. At the same time, drop your right arm as you deliver the kick. This will help you generate more power

TECHNIQUE 9

1. Start facing your pad holder in orthodox stance.

2. Throw a left jab to their lead pad.

3. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

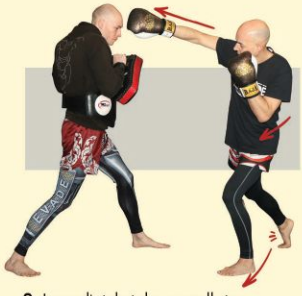
4. Immediately take a small step forward and to your right with your back leg. At the same time extend your left arm into a long guard position onto the outside of your pad holder's lead pad.

5. Straight away, pivot your right foot clockwise and throw a lead low roundhouse kick to the inside of your pad holder's lead leg. Whilst doing this keep a tight guard with your right arm and use your left to press their lead arm down.

By controlling their lead hand when you step out for the low kick, you make it much more difficult for an opponent to counter with it during your attack.

6. Recover your stance by landing your lead leg back forward in front of you. As you do this throw a right uppercut to their rear pad by pivoting your back foot and turning your hip over.

7. Rotate your body straight back to your right and pivot hard into a left hook to your pad holder's lead pad at head height.



8. Immediately take a small step forward and to your left with your lead leg. At the same time extend your right arm into a long guard position.

TECHNIQUE 9 CONTINUED

9. Pivot your left foot anticlockwise and throw a right roundhouse kick to the pads at body height. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

10. Recover your stance by landing your rear leg back behind you.

11. Step your lead leg forward to close the distance. As you do this, coil your left shoulder back and ensure your back foot is pivoted. Once in position, use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

12. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

13. Immediately switch your feet by taking your lead leg back and your rear leg forwards. At the same time extend your left arm into a long guard position.

14. Use this momentum to pivot your right foot clockwise and throw a lead roundhouse kick to your pad holder's mid-section. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

TECHNIQUE 10

1. Start facing your pad holder in orthodox stance.

2. Your pad holder then initiates an attack by chambering their lead leg high towards you.

3. As they extend their lead teep towards you, pivot your front foot clockwise, rotate your body to your right and scoop their kick away from you with your left hand. Use the palm of your glove to briefly catch their kick around the ankle.

4. As you rotate back towards your pad holder, use your left hand to redirect their kick down towards the floor away from you.

5. Immediately take a small step forward and to your left with your lead leg. At the same time extend your right arm into a long guard position, pivot your left foot anti-clockwise and throw a right roundhouse kick to their lead pad at leg height.

6. Recover your stance by landing your right leg down in front of you. As soon as your foot touches, post out with your right arm to push your pad holder on their lead shoulder. You do this in order to both off-balance them and create space.

7. Immediately take a small step forward and to your right with your lead leg. Pivot your right foot clockwise and throw a left roundhouse kick to the pads at body height. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

8. Recover your stance by landing your left leg down in front of you. As soon as your foot touches, drop your weight over your lead leg. Throw a right overhand punch by pivoting your back foot, turning your hip over and having your elbow higher than your shoulder whilst driving the strike through the target.

9. Rotate your body straight back to your right and pivot hard into a left uppercut to your pad holder's lead pad at head height.

10. Your pad holder then puts both pads together on their left side at body height. As they do this, take a small step forward and to your left with your lead leg. At the same time extend your right arm into a long guard position.

11. Pivot your left foot anti-clockwise and throw a right roundhouse kick to the pads at body height. Experiment with either the long guard or dropping of the arm whilst executing the kick to develop the ability to use both.

TECHNIQUE 10 CONTINUED

12. Recover your stance by landing your left leg down in front of you. As your foot touches, drop your weight over your lead leg, pivot your back foot and sit into a deeper stance.

13. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

14. Follow this with a right straight punch to their rear pad by pivoting your back foot and turning your hip over.

15. Recover your stance and guard.

16. Your pad holder simulates an attack by throwing their right straight punch at you. Immediately defend by parrying their punch with your lead hand. Try to parry their strike at the wrist using the palm of your glove or own wrist. Imagine you are trying to redirect their shot slightly down and towards your right.

17. Immediately step forward with your lead leg and throw a lead cross elbow to your pad holder's lead pad.

18. Follow this with a right uppercut elbow to their rear pad by pivoting your back foot and turning your hip over. Drive your elbow up and through the target.

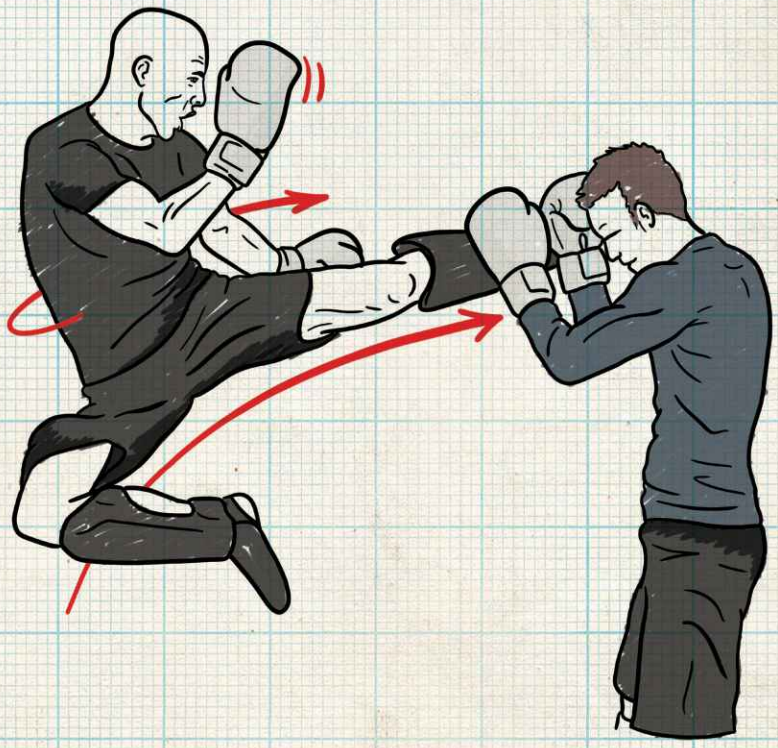
19. Straight away reach out to the back of your pad holder's head with your lead arm.

20. Use this frame to both control their head and help you pivot off the centre line. To do this you will need to take a small step to your left with your lead leg, pivot clockwise on it and drag your rear foot behind you in a 90 degree arc. Ensure you land in the correct stance.

21. Pivot your back foot and grab behind your pad holder's head with your right arm. You should now have both hands on the back of their head.

22. Pull their head down slightly as you drive a long right knee into the pads on their mid-section.

For further coaching with David scan the QR code:



LUCIEN CARBIN

Lucien Carbin is a world renowned striking coach whose extensive experience in Kickboxing, Kyokushin Karate, Savate, Muay Thai and Boxing, has led him to producing upwards of 50 world champions across this wide range of striking based combat sports.

As a fighter Lucien was European and World Champion in Kyokushin Karate, World Champion in Kickboxing, and European Champion in both Savate and Muay Thai.

After retiring from fighting, Lucien developed his own style of striking, which he refers to as 'Carbin All Style'. This style is made up of elements of all of the martial arts Lucien has trained in over the years and is one of the most unique in the world of combat sports today.

Fighters who owe their elite level development to Lucien include the likes of Tyrone Spong, Alistair Overeem, Gibert Yvel, Ilonka Elmont and Andy Ristie. He also trained Fedor Emelianenko for his fight against Mirko Cro Cop.

Accolades:

- World Champion Kyokushin Karate and Kickboxing
- European Champion Kyokushin Karate, Savate and Muay Thai
- Founder and Head Coach of Carbin All Style

CarbinAllStyle

@luciencarbin

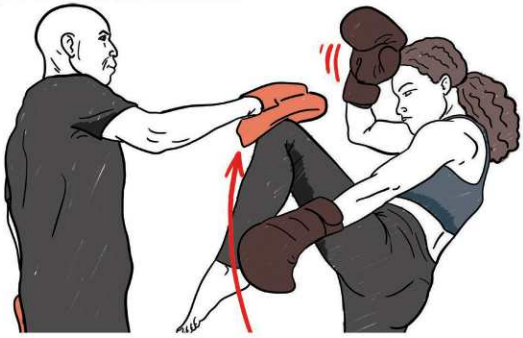
The Hidden Fight Game – Intelligent Kickboxing

My background in striking sports is extensive and I have been in the fight game for a long time. I developed my own system, Carbin All Style, as a result of both my experiences as a fighter and as a lifelong martial artist.

I see agility as being no different when I look at sports such as martial arts, dance or gymnastics. In order to develop high level co-ordination or skill, you must not restrict your body or mind to rigid pathways. I see a lot of fighters in the ring telegraphing when they want to hit and how much power they are going to put into each shot. They need to understand how to use their body and movement better so that they become more effective.

I train my fighters to mix their cadence and rhythm up, to be unexpected with each strike. I don't want their opponents to see when they are going to attack. I tell them to hide their intent. I use the analogy of wrapping their strikes in paper, so that when someone opens it, it is a surprise. The knockout shots are always typically the ones you don't see coming. The hard punch or kick your opponent sees being thrown at them is rarely the one that ends the fight.

In the drills that follow I am going to show you aspects of my system in full flow. The idea is that you mix up your hard and light strikes, targets and tempo so that your opponent will not be able to read your real intent until it is too late.

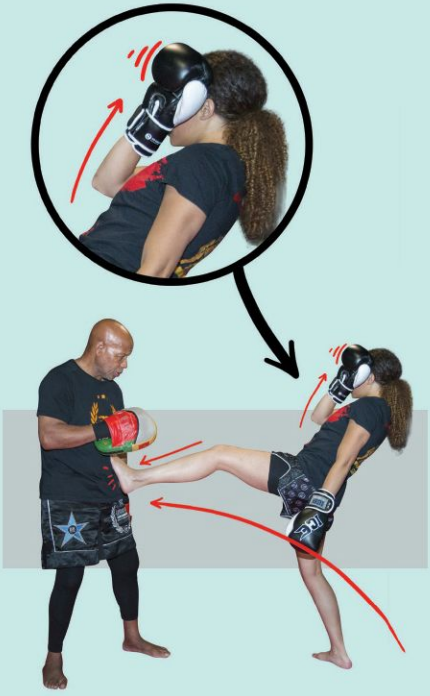


TECHNIQUE 1

1. Start facing your pad holder in orthodox stance.

2. Pivot your front foot to your right and throw a left hook to your pad holder's lead pad at head height.

3. Immediately take a small step to your left with your lead leg. Pivot your left foot anti-clockwise as you do this and throw a rear low kick to their lead leg. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.



4. Recover your stance by landing your kicking leg back behind you into an orthodox base. As you do this, sit your weight back over your rear leg, chamber your front knee and drive a lead teep into your pad holder's mid-section. At the same time, drop your left arm down to help develop both power and balance. Your right hand should move to the left side of your face to form a cross block against your shoulder.

TECHNIQUE 2

1. Start facing your pad holder in orthodox stance.

2. Your pad holder initiates the attack by throwing a right low kick at your lead leg. Raise your lead leg off the floor, turn it towards the incoming kick and block with your shin.

3. As they recover their stance, keep your blocking leg in the air, turn it towards them and lightly teep their lead leg.

4. Straight away throw a fast jab to your pad holder's lead pad at head height.

5. As you recover your stance by landing your lead leg back forward, take a small step to your left with your front foot. Your pad holder will also place their right pad to the left side of their head.

6. As you do this, pivot your left foot anti-clockwise and throw a hard right roundhouse kick to the pad at their head height. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

TECHNIQUE 3

1. Start facing your pad holder in orthodox stance.

2. Throw a fast left jab to their lead pad.

3. Follow this with a fast right straight punch to their rear pad by pivoting your back foot and turning your hip over.

4. Immediately take a small step to your left with your lead leg. As you do this pivot your left foot anti-clockwise and throw a fast right roundhouse kick to the pad at head height. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

5. Recover your stance by landing your rear leg back behind you.

6. Throw another fast left jab to their lead pad.

7. Rotate strongly to your left and make sure you sit down deeper into your stance. Keep your guard tight and pivot your back foot to load your hips up.

8. Straight away throw a hard left body shot to your pad holder's framed pads as if you were aiming for the liver.

The four initial strikes in this sequence are done fast and to the head. They are there to draw both an opponent's guard and attention high before committing fully to a power liver punch right at the end.

TECHNIQUE 4

1. Start facing your pad holder in orthodox stance.

2. Throw a fast right straight punch to their rear pad by pivoting your back foot and turning your hip over.

3. Immediately switch your stance by bringing your lead leg back and your rear leg forward at the same time.

4. Use the momentum generated by this switch to fire a fast right hook to your pad holder's rear pad at head height.

5. Straight away take a small step to your right with your right leg. As you do this pivot your right foot clockwise and throw a hard left roundhouse kick to the pads at body height. At the same time, drop your left arm down to help develop both power and balance. Your right hand should move to the left side of your face to form a cross block against your shoulder.

6. Recover your stance by landing your left leg back behind you. Immediately take a small step to your right with your right leg. As you do this pivot your right foot clockwise and throw a hard left knee to the framed pads at body height. At the same time, drop your left arm down to help develop both power and balance. Your right hand should move to the left side of your face to form a cross block against your shoulder.

TECHNIQUE 5

1. Start facing your pad holder in orthodox stance.

2. As your pad holder steps forward towards you with their back leg, take a full step back with your left leg into a southpaw stance.

3. Immediately throw a hard left uppercut to their rear pad by pivoting your back foot and turning your hip over.

4. Follow this with a hard right hook to their lead pad by pivoting your front foot and rotating your body to your left.

5. As your pad holder steps forward towards you with their back leg, take a full step back with your right leg to get back into orthodox stance.

6. Immediately throw a hard right uppercut to their rear pad by pivoting your back foot and turning your hip over.

7. Follow this with a hard left hook to their lead pad by pivoting your front foot and rotating your body to your right.

TECHNIQUE 6

1. Start facing your pad holder in orthodox stance.

2. Your pad holder will places their left pad to the right side of their head. This will trigger the start of your first attack, a traditional Karate kick called uchi mawashi geri. It is an outside to inside kick sometimes referred to as a crescent kick.

3. You are aiming to hit the pad with right side of your foot. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

4. Recover your stance by landing your right leg back behind you. Immediately take a small step to your left with your left leg. As you do this pivot your left foot anti-clockwise and throw a fast roundhouse kick to your pad holder's left pad turned outside at head height. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

5. Use the swing of your rear leg recoiling from the kick to whip your right shoulder forward. This will allow you to launch a right straight punch to your pad holder's rear pad at head height without having to put your rear foot back onto the ground.

6. After the punch, immediately reverse the swing of your leg and bring it back forward towards your pad holder.

7. Land it down forward in front of you to bring you into a southpaw stance. Your pad holder will frame both pads at body height at the same time.

8. Push off your front foot and drive a hard left knee into the pads. At the same time, drop your left arm down to help develop both power and balance. Your right hand should move to the left side of your face to form a cross block against your shoulder.

The Uchi Mawashi can trick your opponent into misreading it is a traditional Mawashi i.e. roundhouse kick because it looks exactly the same right at the start. Even if the kick does not land clean, it will off-balance your opponent and leave them more vulnerable to the broken rhythm chained attack demonstrated here.

TECHNIQUE 7

1. Start facing your pad holder in orthodox stance.

2. Your pad holder initiates the attack by throwing a right low kick at your lead leg. Raise your lead leg off the floor, turn it towards the incoming kick and block with your shin.

3. As they recover their stance, land your blocking leg forward and to your left so you can immediately counter with a fast roundhouse kick of your own to the pad they are holding on their lead leg. Pivot your left foot anti-clockwise as you do this. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

4. Use the swing of your rear leg recoiling from the kick to whip your right shoulder forward. This will allow you to loop a right hook to your pad holder's rear pad at head height without having to put your rear foot back onto the ground.

5. Recover your stance by landing your rear leg back behind you.

6. Throw a fast left hook to your pad holder's lead pad at head height. Ensure to pivot your left foot, rotate your shoulders and keep a tight guard.

7. Rotate strongly to your left and make sure you sit down deeper into your stance. Keep your guard tight and pivot your back foot to load your hips up.

8. Straight away throw a hard left body shot to your pad holder's framed pads as if you were aiming for the liver.

9. Immediately push off your front foot and drive a hard right knee into their mid-section. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

TECHNIQUE 8

1. Start facing your pad holder in orthodox stance.

2. Throw a fast left jab to their lead pad.

3. As the pad holder looks to counter with a jab of their own, take a step back with your rear leg to step into a wider stance and pull away from the shot. Don't move your front foot, keep your posture and don't over lean.

4. Immediately step back into the same space with your rear leg and fire a right straight punch to their rear pad. Pivot your back foot and turn your hip over.

5. Straight away take a small step to your left with your left leg. As you do this pivot your left foot anti-clockwise and throw a fast roundhouse kick to your pad holder's pad at head height. At the same time, drop your right arm down to help develop both power and balance. Your left hand should move to the right side of your face to form a cross block against your shoulder.

6. Recover your stance by landing your rear leg back behind you. As you do this, step forward and to your right with your lead leg. At the same time fire a lead jab to your pad holder's lead pad. You are using this movement to hide the step across for the following attack.

7. Pivot your front foot to the back in a clockwise direction. Whilst doing this, rotate your body and turn your stance away from your pad holder.

8. As you are doing this, ensure to look over your right shoulder to spot your target, keep your right knee chamber tight to your other leg and thrust your hip/leg towards your pad holder.

9. Make sure you don't over rotate as you extend the turning back kick and drive it into the pads on their mid-section using your heel.

TECHNIQUE 9

1. Start facing your pad holder in orthodox stance.

2. Throw a fast right straight punch to their rear pad by pivoting your back foot and turning your hip over. Keep a tight guard.

3. Draw your right shoulder and hip back to then throw a fast right uppercut to the same pad. Use the same pivot of your back foot and turn your hip over. Keep a tight guard

4. Draw your right shoulder and hip back to then throw a fast right hook to the same pad. Use the same pivot of your back foot and turn your hip over. Keep a tight guard

5. Your pad holder initiates an attack by throwing a counter left hook at your head. With your right shoulder already forward from the last punch, simply drop your weight down to make their punch miss.

Bend your knees and drop your weight when rolling punches. Don't simply just bend at the back. Using the legs will help you keep better posture, allow you to drop lower if needed and generate more power on any counter punches you throw.

6. At the bottom of the movement, start to roll your shoulders as the punch extends over the top of you.

TECHNIQUE 9 CONTINUED

7. Start to raise up once the punch is on the left side of your head and body. Ensure your right shoulder is now at the back as you do so.

8. Recover your stance by straightening your legs to bring you back into a normal fighting position.

9. Throw a fast left jab to their lead pad. Keep a tight guard.

10. Draw your left shoulder and hip back to then throw a fast left uppercut to the same pad. Use the same pivot of your front foot and turn your hip over. Keep a tight guard.

11. Draw your left shoulder and hip back to then throw a fast left hook to the same pad. Use the same pivot of your front foot and turn your hip over. Keep a tight guard.

This drill is designed to teach you how to keep your guard tight and in place at all times. Strong defensive fundamentals are hugely important to train in order to avoid developing bad habits when throwing punches.

12. Rotate strongly to your left and make sure you sit down deeper into your stance. Keep your guard tight and pivot your back foot to load your hips up.

13. Straight away throw a hard left body shot to your pad holder's framed pads as if you were aiming for the liver. Keep a tight guard.

TECHNIQUE 10

1. Start facing your pad holder in orthodox stance.

2. Switch your legs by taking your lead leg back and your rear leg forwards. As you do this throw a left knee vertically towards your pad holder's right pad.

3. As soon as your knee starts to drop, fire a left hook to their lead pad at head height.

4. Recover your stance by dropping your left leg back down onto the floor. Land it close to your back leg and then put your weight through it.

The knee and hook at the start of this sequence are done fast. The overhand right will then need the space with the step back to generate power both into it and the following liver punch.

5. Use your left leg then to push your right leg further back and create some space from the pad holder.

6. Immediately drop your weight, pivot your back foot and throw a right overhand punch. It helps to think of getting your shoulders almost diagonal here. Your right shoulder should be higher than your left as you execute the punch.

7. As your right shoulder drives through the target, immediately pull back with it and pivot on your front foot. Keep the same diagonal arrangement with your shoulders to allow you to stay low with your head off the centre line.

TECHNIQUE 10 CONTINUED

8. Straight away fire a hard left body shot to your pad holder's framed pads as if you were aiming for the liver.

9. Put your weight straight back, keeping yourself protected with your cross block at the same time.

The question mark kick looks almost like a fake front kick into a roundhouse kick. The idea is to keep it so tight, the angle looks like it is coming directly forward and up, prior to the turning of the hip at the top of the movement. It is this force that generates all the power in the kick. You would be looking to hit the neck or side of your opponent's head with this strike. Landing it clean often results in a knockout.

10. Initiate the question mark kick to the head by driving your right knee chamber high towards just the outside of your pad holder.

11. Once your knee has got as high as it can, start to pivot on your front foot anti-clockwise and rotate your body to your left.

12. As your chamber comes across, extend your leg out just to the outside of your pad holder's head height. You would be aiming to hit with the instep or shin of your kicking leg.

13. Immediately turn your hip over, drive your kick through the target area and rotate it down towards the floor.

14. Recover your stance by landing either your right leg forward and across or spinning it all the way through. Ensure you try to keep your cross guard in place as much as possible.

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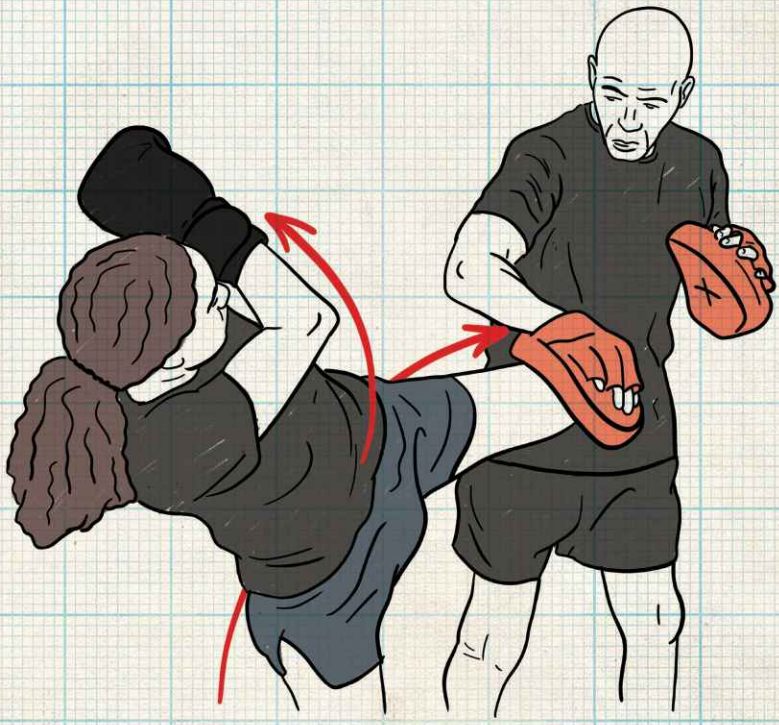

LIAM HARRISON

Liam Harrison is an 8-time Muay Thai World Champion with a fight record of 115 fights, 88 wins and 48 KO. He is well known for having one of the most aggressive fighting styles in UK Muay Thai, and is notorious for both his powerful left hook and devastating low kick.

Liam started Muay Thai at the age of 13 at the world-famous Bad Company Gym in Leeds, trained by the illustrious Richard Smith, where his natural ability soon became apparent. Winning his first fight by KO and undefeated in his first 29 fights, he earned himself the nickname Liam 'The Hitman' Harrison. Quickly climbing up the rankings, Liam became UK number 1 at the age of 17 and has remained there ever since. At the age of 19, he won his first World Title.

He has fought all over the world – Japan, America, Jamaica, Italy, Cambodia, France and notably Thailand, where he lived for 2 years, fighting there around 30 times and in both major stadiums. Liam has fought all the top Thai and European fighters, including 3 close, hard fights with Muay Thai's P4P great Saenchai.

Alongside fighting, Liam has gained a well-deserved reputation as being a truly exceptional teacher since starting out coaching others over 12 years ago.

Accolades:

- WBC Muay Thai World Champion
- WMC Muay Thai World Champion
- WPMF Muay Thai World Champion
- Kombat League World Champion
- WAKO Kickboxing World Champion

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Developing Killer Low Kicks in Muay Thai

I chose to cover low kicks as the theme of my chapter in this book because I have often found them to play a huge part of my own success whilst fighting over the years. In Muay Thai, although they are not high scoring, when delivered correctly, they cause substantial damage to an opponent. In Thailand they refer to it as "puncturing the tyre". Once you puncture the tyre on an opponent, they can't walk, they can't stand, and it throws them completely off their own game and rhythm.

For anyone competing in a striking based combat sport that allows low kicks, it is going to help you against any fighter who is a good boxer or a strong kicker. The boxer needs to stand solid and plant his feet to punch. Destroying his stance will essentially take away his main weapon. The kicker uses his legs to attack, so damaging them will greatly reduce his ability to be effective across the board and make him more hesitant to come forward.

The low kick can easily be translated from Muay Thai into MMA, K-1, Karate etc as it is straightforward to use and adapt for different rules or scoring systems.

I have my own style of using low kicks. Some fighters, such as those from Dutch Kickboxing, tend to turn their hip over completely when working them. I tend to come at more of an upward angle and keep a straight leg when attacking the legs of my opponent. I have stopped a lot of fighters over the years with these low kicks because not only are they faster when delivered in this way, they are also much harder to read, and as a result, block.

Tactically you can use them to target either leg, inside or out, dependent on what stance they are in and how they are reacting to the ones you have already landed.

TECHNIQUE 1

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. As your opponent looks to counter with their rear body kick, immediately step out to your right and catch their kick under your left arm. Ensure the grip is tight near their ankle to maintain control and inhibit their ability to continue turning their hip.

5. Timing is important here. As you drop the kick you are going to take a little step or hop to your left.

6. At the end of this movement you will deliver a low kick to your opponent's lead leg with the lower part of your shin. As long as your opponent is off balance, you can turn your hip over and drop your right arm for increased power.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Put your weight back and chamber your front knee high in front of you.

4. Extend your leg and drive the teep into your opponent's mid-section.

5. Recover your stance by landing your lead leg back down in front. Straight away re-chamber your front knee high in front of you once again. This time you are looking to draw a reaction to this movement as opposed to using the teep again.

6. Once you have drawn the reaction, immediately spring to your left from the chamber into a low kick to your opponent's lead leg. As long as they are unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Straight away pivot your left foot, pull your right shoulder back and throw a left hook. 1,2,3 count.

5. Reset your position with balance if the shots are blocked.

6. Check and block your opponent's counter rear body kick by raising your lead knee high and turning your shin out.

7. As he starts to recover his stance from the kick, keep your chamber high.

8. Spring to your left from the chamber straight into a low kick to your opponent's lead leg. As long as they are unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

Imagine you have a clock on the floor and when you spring from the chamber, you are looking to go towards the 10/11 o'clock point with your non kicking leg.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Whether the shots have landed or not, your opponent looks to create space by stepping back and away.

5. They then look to counter with a rear leg teep. Look to catch this kick against your body using the palm of your left glove underneath the ankle and the palm of your right glove on top of their instep. Ensure the grip is tight to keep control of their leg.

Close-up of the catch

Make sure you lift your opponent's leg as high and away as you can to try and get their standing leg as straight as possible.

6. Release the grip with your right hand and swing their leg out high to your left with your left hand.

7. Let go of their rear leg at the height of swinging it out. Either whilst their leg is in the air or just as they land off-balance, take a small step out to your left with your lead leg and deliver a right low kick to your opponent's lead leg. As long as they are unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Step slightly to your left with your lead leg and aim to deliver a rear low kick to your opponent's lead leg. Don't turn your hip over with this kick as it is likely they will see it coming and block.

Use the palm of your open glove, placing it between their neck and chest, when pushing. If you use the knuckles of a closed glove, you may well slip off their sweaty body, go off-balance yourself and land into a counter shot.

3. Land your kicking leg back behind you to recover your stance. Straight away, fake the same attack by taking another small step with your lead leg, turning your hip and dragging your back leg forward slightly. This should then draw the same block once more from your opponent.

4. From your now shorter stance, step forward with your front leg and push them on the chest with the palm of your lead hand to off-balance them. This will force them to place their lead leg back onto the ground.

5. As they do, straight away take a little step to your left and deliver a low kick to their lead leg. As long as your opponent is unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Step slightly to your left with your lead leg and aim to deliver a rear low kick to your opponent's lead leg. Don't turn your hip over with this kick as it is likely they will see it coming and block.

3. Instead of putting your leg back down on the floor, keep the chamber high.

4. Use the pushing back of your leg to generate power into a right cross to your opponent's head without having let your foot touch the floor. You are not jumping as you would in a superman punch as you want to stay balanced.

5. Once you land your rear leg back into stance, take a small step forward and immediately throw a left hook to your opponent's head. Whether the shot lands or not, the strike will ensure their weight is then put over their lead leg.

6. Now that they are off-balance from the punch, they will now find it difficult to raise their lead leg to block. Immediately take a small step to your left with your lead leg as you deliver a rear low kick to their lead leg. As long as your opponent is unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Straight away pivot your left foot, pull your right shoulder back and throw a left hook. 1,2,3 count.

5. Feint with your right hip and foot as if you are throwing a low kick to draw your opponent's block

PRO TIP!

Make sure you don't step back and create too much distance between you and your opponent. Think about stepping to 3 o'clock and go directly to your right so that you can counter quickly.

6. Straight away step directly to your right as they block.

Even if their leg stays high in the block when you step out, you can still attack the calf or back of their leg because of your angle change. Kicking the calf is sometimes more difficult to do than kicking the leg but it leads to just as much damage and pain over the course of a fight. Often more if they are not used to taking shots there.

7. As they land their blocking leg back down onto the ground, use the new angle you have created to attack it with a rear low kick. Aim for either the back of the leg or back of the calf. As long as your opponent is unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg, pivot your back foot to turn your hip over and throw a rear uppercut to your opponent's head.

3. Straight away pivot your left foot, pull your right shoulder back and throw a left hook.

4. Immediately take a small step to your left with your lead leg and deliver a rear low kick to their lead leg. As long as your opponent is unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

5. As you land your leg back, sit your weight down into your stance. At this point it is very likely that your opponent will want to move and counter as they think this is the end of your attack.

6. Break their rhythm and their wanting to regain momentum by straight away throwing the right cross to your opponent's head. Pivot your back foot and turn your hip over to generate more power in the strike.

7. Follow this with a left body shot targeting your opponent's liver. Don't dip down from the previous punch. Stay high, pivot your left foot and pull your right shoulder back to deliver the punch more effectively.

Make sure your body shot gets under the elbow and target the floating ribs or liver.

8. Immediately follow with either a short step or short spring to your left with your lead leg as you finish with a hard rear low kick to their lead leg. A high volume of low kicks delivered over the course of a fight will have a huge impact, both physically and mentally, on whomever you are fighting.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Make sure your hand comes back fully to your guard.

4. Take another short step forward again with your lead leg and throw a second jab to your opponent's head. Don't do a double jab for speed, make sure it is two hard jabs.

5. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

6. Take a short step forward and to your right with your back leg. Ensure your foot is just on the outside of their lead leg.

TECHNIQUE 9 CONTINUED

7. At the end of your step, immediately throw a lead low kick towards their rear leg. The back leg is often not as conditioned as the lead leg so strikes can usually have more impact when it is targeted in this way. An opponent's stance and mobility will be greatly affected once it has been damaged.

8. Land the leg back. It is very important that you get this footwork correct here in order to remain balanced and not leave yourself open to counters.

9. Then step your right leg back to recover your normal stance.

10. Straight away throw a right straight punch by pivoting your back foot and turning your hip over.

11. Follow this by pivoting your left foot, pulling your right shoulder back and throwing a left hook.

12. Now that they are off-balance from the punch, they will now find it difficult to raise their lead leg to block. Immediately take a small step to your left with your lead leg as you deliver a rear low kick to their lead leg. As long as your opponent is unable to counter, you can turn your hip over and drop your right arm for increased power in the kick.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. As your opponent attacks with a left hook, utilise the long guard by keeping your right hand tight to your head and straightening out your lead arm to their face.

As you keep your right hand high, tuck your chin into your left shoulder to ensure you are covered on both sides

Try to put the palm of your glove straight into your opponent's face

3. Immediately take a small step to your left with your lead leg as you deliver a rear leg low kick to their lead leg.

4. As you land your leg back, sit your weight down into your stance.

5. Throw a right straight punch by pivoting your back foot and turning your hip over.

6. Follow this by pivoting your left foot, pulling your right shoulder back and throwing a left hook.

TECHNIQUE 10 CONTINUED

7. Now that they are off-balance from the punch, they will now find it difficult to raise their lead leg to block. Immediately take a small step to your left with your lead leg as you deliver a rear low kick to their lead leg.

By attacking both the lead and rear leg throughout the fight, you will be able to see which is having the most impact on them by observing their demeanour, stance and movement.

8. As you land your leg back, sit your weight down into your stance.

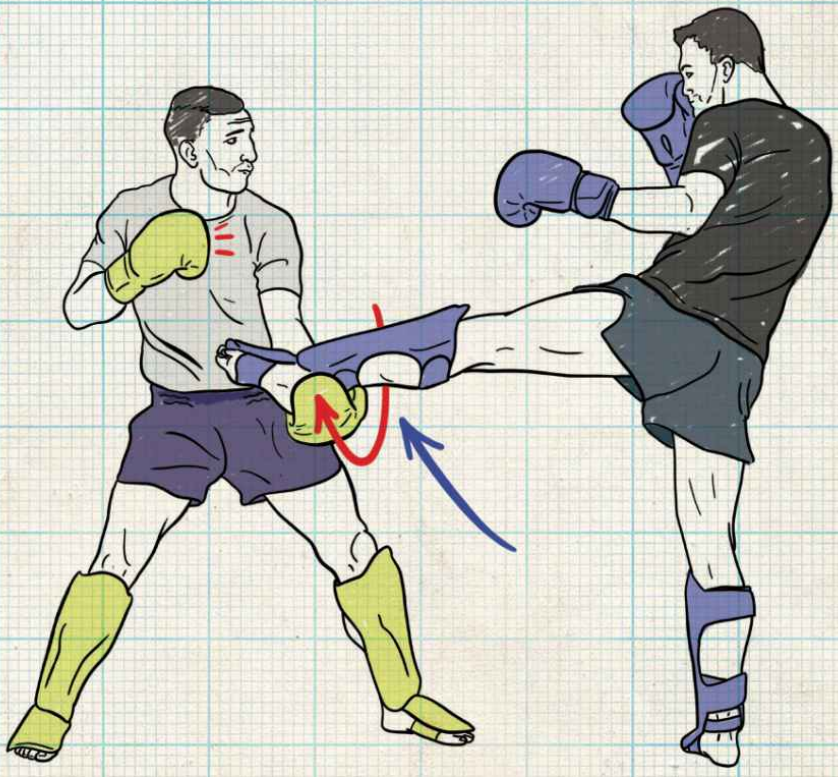
9. Throw a right straight punch by pivoting your back foot and turning your hip over.

10. Take a short step forward and to your right with your back leg. Ensure your foot is just on the outside of their lead leg.

11. At the end of your step, immediately throw a lead low kick towards their rear leg. You can continue to utilise the long guard here by putting your left arm onto the outside of their lead glove as you kick.

By using this long guard style as you kick, you can ensure that their nearest hand is more encroached and thus less likely to be thrown as an effective counter. It also allows your guard to remain high via the extended arm in order to protect you from their opposite hand as well whilst you are attacking.

For further coaching with Liam scan the QR code:



IVAN HIPPOLYTE

Ivan Hippolyte is one of the leading striking coaches in the world today. The Surinamese-Dutch Kickboxer is a former Kickboxing and Muay Thai World Champion, renowned for his ability to mix successfully between the two styles.

Ivan started training in Martial Arts in 1981. At this point he was also taking football seriously and would often be on the field alongside younger athletes that included the likes of Edgar Davids and many other legendary Dutch footballers.

A chance encounter with a friend challenging him to take a low kick during this period led him to the doors of the world-famous Vos Gym in Amsterdam. After launching his fight career in 1982, he quickly worked his way from being a C-Class fighter to challenging for national titles within only a couple of years.

Competing in Kyokushin Karate, Muay Thai and Kickboxing, Ivan was multiple times Dutch, European and World Champion over the twenty year period he fought.

Since retiring from active competition, Ivan took over the reins of the Vos gym in Amsterdam from founder Jan Plas and has since gone on to produce countless elite level fighters in his own right, including the likes of Mohamed 'Mootje' Khamal.

Ivan is known for having a very technical and aggressive style with regards to his coaching. His fighters are well regarded internationally and are much sought after on promotions all across the world.

Accolades:

- Dutch Kickboxing Champion
- European Savate Champion
- European Muay Thai Champion
- World Kickboxing Champion
- K-3 Grand Prix '95 Champion

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The "Vos Gym" style of Dutch Kickboxing

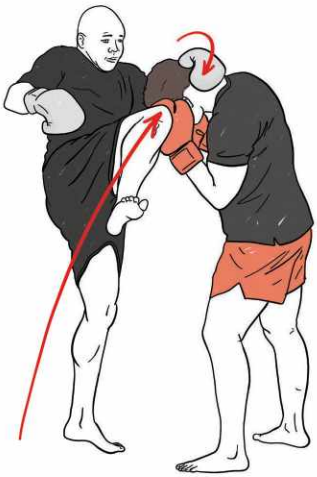
Dutch Kickboxing has now become synonymous the world over with aggressive boxing and low kick attacks. However, in the Netherlands, those in the fight community know that we at Vos Gym have our own particular style and approach to high level striking.

If I had to describe the Vos Gym approach, I would say that we coach our students and fighters to be very technical. Rather than just focusing primarily on volume, we want our athletes to understand concepts such as controlling distance, working angles and how to read opponents.

More than anything though, I want them to understand the clinch. My coach and Vos Gym founder Johan Vos was a 6th Dan in Japanese Jiu Jitsu.
As a result, he came up with his own style of striking by mixing this aspect into what you would normally find in Kickboxing.

This knowledge was passed onto me and has been something I have continued to evolve and develop over the years. Many opponents from previous fights with both myself and my fighters have struggled to deal with this part of our game. Our close quarter combat skills are what differentiates us from most other gyms. We can brawl if needed but we always aim to win through a higher level of technical ability.

Here, I go through a series of drills I like to work with athletes who compete under a K-1 style rules format. You will see that I encourage fighters to counter aggressively and commit to multi-level attacks in order to put a lot of pressure on their opponents in the ring. Creativity and rhythm breaks are also important when dealing with highly skilled opponents. Not every shot needs to be a power strike but there needs to be intent there, and you should always finish looking for the KO.



TECHNIQUE I

1. Start facing your opponent in orthodox stance.

2. Take a small step to your left with your lead leg and deliver a rear low kick to their lead leg.

3. Once you land your leg back into your stance, immediately step forward with your lead leg and throw a Jab.

4. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

5. Straight away pivot your left foot, pull your right shoulder back and throw a left hook. 1,2,3 count.

6. Rotate strongly back towards your left and pivot your rear foot to load your hips up onto your left side.

7. Use your legs to then step forward slightly and generate power by rotating your body to your right. At the same time pivot hard with your front foot and throw a lead hook.

8. Take a small step to your left with your lead leg and deliver a rear high kick to their head straight after.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Follow this with a right uppercut by pivoting your back foot and turning your hip over.

4. Straight away pivot your left foot, pull your right shoulder back and throw a left hook. 1,5,3 count.

5. As their hands are raised to defend the punches, immediately throw a right knee to their mid-section, ensuring you swing your right arm down to generate power and bring your left arm across to guard your face. It is also important to push your chest back to avoid being countered with punches.

Make sure you knee is taking more of a 45 degree angle as you strike the body to ensure it is driving forward and hitting hard.

Be sure to your push your opponent's head into the direction of where your kick is coming from.

6. Once you land back into your stance, step forward and post your lead hand into the side of your opponent's face or guard and push them to your right.

7. Follow this straight away with a right high kick to their head.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Take a small step forward with your lead leg and throw a right straight punch by pivoting your back foot and turning your hip over.

3. Immediately switch your feet by taking your lead leg back and your rear leg forward.

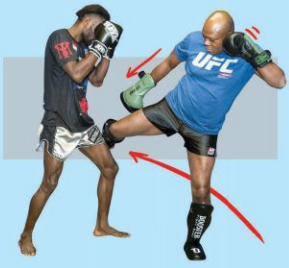
4. Straight away throw a left leg roundhouse kick to their head.

5. Recover your stance by landing your lead leg back forward.

6. Throw another right straight punch by pivoting your back foot and turning your hip over.

7. In the moment they have their hands high and are off-balance by the head strikes, rotate strongly back towards your left, drop your weight and pivot your rear foot to load your hips up onto your left side.

8. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to the body. Aim just under your opponent's guard in order to target their liver.



9. Follow this by taking a small step to your left with your lead leg as you deliver a rear low kick to their lead leg.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Take a short step forward with your lead leg and throw a jab to your opponent's head.

3. Immediately follow this with a fast left hook. Keep the speed by not pivoting back. Mainly use the arm to loop the hook in.

4. Rotate strongly towards your left and pivot your rear foot to load your hips up onto your left side

5. Use your legs to then step forward slightly and generate power by rotating your body to your right. At the same time, pivot hard with your front foot and throw a lead hook.

6. Follow this by taking a small step to your left with your lead leg as you deliver a rear low kick to their lead leg.

7. Once you land your leg back into your stance, immediately step forward with your lead leg and throw a jab.

8. Straight away throw a right straight punch by pivoting your back foot and turning your hip over

9. Immediately switch your feet by taking your lead leg back and your rear leg forward.

10. Throw a left knee to their mid-section, ensuring you swing your left arm down to generate power and bring your right arm across to guard your face. It is also important to push your chest back to avoid being countered with punches.

TECHNIQUE 5

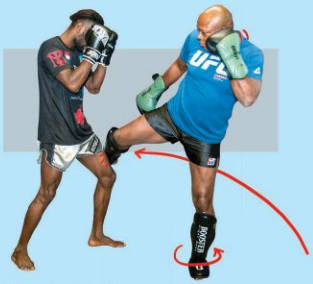
1. Start facing your opponent in orthodox stance.

2. Immediately switch your feet by taking your lead leg back and your rear leg forward.

3. Throw a power left kick to their body, aiming just under the guard and targeting the liver.

4. Recover your stance by landing your lead leg back forward. As you do so, immediately throw another right straight punch by pivoting your back foot and turning your hip over.

5. Straight away pivot your left foot, pull your right shoulder back and throw a left hook.



6. Follow this by taking a small step to your left with your lead leg as you deliver a rear low kick to their lead leg.

7. Recover your stance briefly by landing your leg back behind you.

8. Immediately take a small step forward with your lead leg and throw a hard right knee to their mid-section. Ensure you swing your right arm down to generate power and bring your left arm across to guard your face. It is also important to push your chest back to avoid being countered with punches.

It is important not to delay from the low kick into the knee. Go from one strike to the other as fast you can. Speed is key here.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Block your opponents low kick by raising your lead leg and turning your shin out at a 45 degree angle.

3. As soon as you put your leg down, take a short step if necessary and throw a jab.

It is important to understand your range in order to distinguish whether or not you need to step with certain punches in combinations. For example, the right straight is a long punch that gets its length from the pivot of the back foot. Stepping forward as you throw it is unnecessary if you are already in the correct range to land it.

4. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

5. Immediately switch your feet by taking your lead leg back and your rear leg forward.

6. Throw a power left kick to their body, aiming just under the guard and targeting the liver.

7. Recover your stance by landing your lead leg back forward. As you do so, immediately throw another right straight punch by pivoting your back foot and turning your hip over.

PRO TIP!

Repeatedly targeting the liver in fights is something you can do with kicks, knees and punches. Even if a single shot doesn't stop your opponent, the cumulative effect of multiple strikes to this area will ensure the damage and impact both significantly increase as the fight progresses.

TECHNIQUE 7

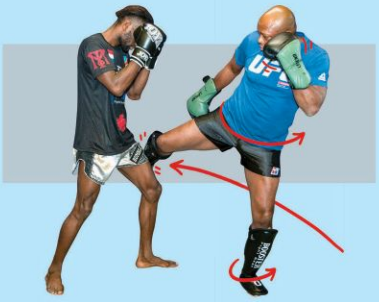
1. Start facing your opponent in orthodox stance.

2. As they start to throw the jab, slip your head slightly down and to the left keeping your right hand tight as you throw an overhand punch curling over their arm. Make sure you pivot the back foot fully to ensure you get your hip into the punch. The aim here is to intercept their punch before it is allowed to full extend. The timing is important and will take practice.

3. Straight away push off your lead foot to drive your left hip up, pull your right shoulder back and throw a left uppercut.

4. Immediately rotate strongly towards your left and pivot your rear foot to load your hips up onto your left side.

5. Use your legs to then step forward slightly and generate power by rotating your body to your right. At the same time, pivot hard with your front foot and throw a lead hook.



6. Follow this by taking a small step to your left with your lead leg as you deliver a rear low kick to their lead leg.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. You see your opponent switch their feet and know that because of the distance a left kick is likely to be thrown.

3. As they throw the left body kick, rotate your body slightly towards the kick as you block it with your left open palm and tight right guard.

4. Immediately after the block, take a small step forward with your lead leg and throw a right straight punch. Ensure you pivot your back foot and turn your hip over.

5. Follow this by taking a small step to your right with your back leg as you deliver a low kick to the inside of their lead leg. At the same time you kick, ensure you extend your lead arm and keep it high as a both a long guard and as a way to keep them at range. You can also use it to push them back if needed.

6. Recover your stance by landing your lead leg back forward. As you do so, immediately throw another right straight punch by pivoting your back foot and turning your hip over.

7. Straight away pivot your left foot, pull your right shoulder back and throw a left hook.

8. Immediately take a small step forward with your lead leg and throw a hard right knee to their mid-section. Ensure you swing your right arm down to generate power and bring your left arm across to guard your face. It is also important to push your chest back to avoid being countered with punches.

It is important to note that you can take even more power out of their left body kick if you step away from it at the same time or square your stance by moving your rear foot back in line with your lead as you rotate your body. This will allow you to also keep your balance more effectively and thus enable you to counter quickly.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Block your opponents right body kick by rotating slightly to your left and using the combination of your right open palm and tight left guard.

With each of the body kicks, defend effectively by rotating your body and using the combination of nearest open palm and rear high guard. The open palm is to take the energy out of their kick with the rotation. The high guard is to ensure you remain covered on the whole of that side.

3. Immediately counter from this rotated position by stepping forward and rotating your body to your right. At the same time pivot hard with your front foot and throw a lead hook.

4. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

5. In the moment they have their hands high and are off-balance by the head strikes, rotate strongly back towards your left, drop your weight and pivot your rear foot to load your hips up onto your left side.

6. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to the body. Aim just under your opponent's guard in order to target their liver.

7. Follow this by taking a small step to your left with your lead leg as you deliver a rear low kick to their lead leg.

8. Once you land your leg back behind you in your stance, immediately push off it and take small step forward with your lead leg. At the same time throw another right straight punch by pivoting your back foot and turning your hip over

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. As your opponent throws a right straight punch, take a small step to your left with your lead leg. At the same time use your lead hand to parry their punch. Think of it as wiping the strike towards your right hand side.

3. As you parry and step, immediately deliver a rear low kick to their lead leg.

4. As you land your leg back behind you into your stance, rotate strongly towards your left, drop your weight and keep your rear foot pivoted to load your hips up onto your left side.

5. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to the body. Aim just under your opponent's guard in order to target their liver.

6. Straight away, rotate strongly back towards your left, drop your weight and pivot your rear foot to load your hips up onto your left side once more.

7. Use your legs to then step forward slightly and generate power by rotating your body to your right. At the same time pivot hard with your front foot and throw a lead hook.

8. Immediately take a small step forward with your lead leg and throw a hard right knee to their mid-section. Ensure you swing your right arm down to generate power and bring your left arm across to guard your face. It is also important to push your chest back to avoid being countered with punches.

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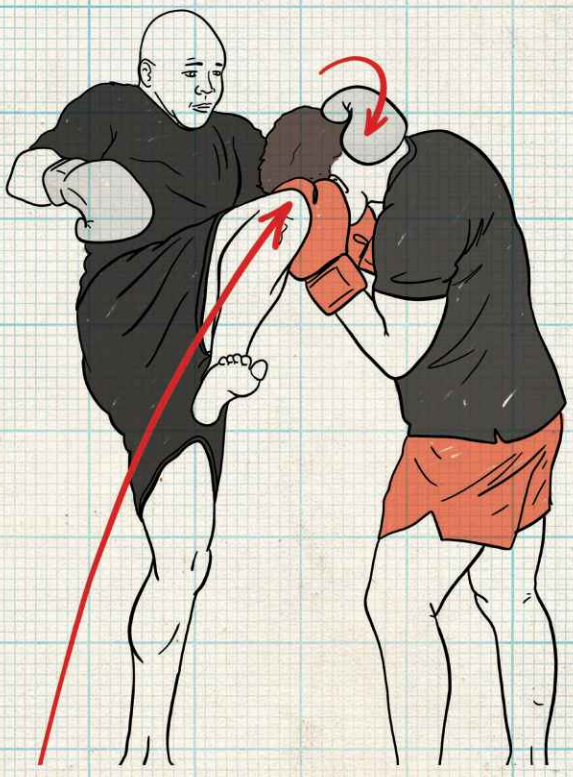

JAMIE GOULDING

Jamie Goulding started training Martial arts in 1983 in Shukokai Karate. From a young age he was well known as being the prodigy of UK Martial Arts and Karate legend Joe Tierney.

Over a 27 year fight career he amassed 31 British Titles including WKA,WAKO,WUMA ,WMAC and many more in Sport Karate and Kickboxing. On top of this he also won a National title in Full contact kickboxing as well as 2 European Titles, 2 World Championship Titles and a huge assortment of medals from regional to international level.

Jamie was one of only 3 lightweights to take part in the Full Contact Open Weight Combat 32 Championships and ended up being ranked in the top 5 P4P best fighters in Europe. The list included current Bellator MMA sensation Michael 'MVP' Page.

From the age of 18 Jamie had also started to study sport Jiu Jitsu and submission wrestling as a hobby under internationally renowned coach Trevor Roberts. He later went on to achieve his 3rd Degree Black Belt in this discipline.

Alongside competing, Jamie also opened his own full-time gym, Gouldings martial arts in Bolton, where he has since produced over 500 British, European and World champions in styles ranging from Sport Karate and Kickboxing through to MMA and Submission Wrestling.

His time as both an elite fighter and coach brought him to the attention of Hollywood, and thanks to top stunt coordinator Eunice Hutheart, he has moved into training both actors and stunt performers to help prepare them for their upcoming roles in action films. He has coached the likes of Hugh Jackman, Jason Mamoa, Daisy Ridley and Gal Gadot in Martial Arts as a result over recent years.

Accolades:

- WKA World Champion
- WAKO World Champion
- Founder and Head Coach of Goulding's Martial Arts
- Internationally sought-after Fight Choreographer

gmafighter

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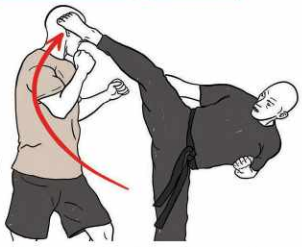
www.gouldings-martial-arts-uk-centre-of.business.site

Fast Karate Attacks for Southpaw Fighters

Coming from a Traditional Karate background myself, I wanted to showcase how this particular style has relevance in modern day combat sports such as MMA and Kickboxing.

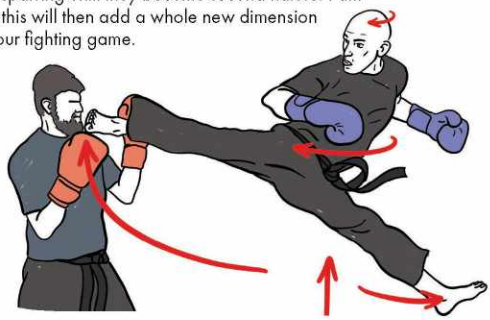


There are a lot of people who may doubt whether Karate has any merits outside of its own arena but fighters such as Raymond Daniels, Michael Page and Stephen Thompson have all shown successful use of it within different promotions repeatedly over the past few years.

Mixing Karate style attacks into any striking based combat sport will give you an advantage in several different ways. This is especially true if you add being a southpaw into the pot as well. Karate typifies fast movement, angles, accuracy and fully committing to your strikes.

Rather than focusing on the high-volume combination work you may see in Boxing or Kickboxing, Karate fighters will aim to be more targeted with single shots or smaller set pieces before disengaging from the fighting range. Hit and run style evasion is key to the success.

As you will see in the combinations and drills that follow, I fight southpaw, and as such utilise this stance to my advantage. Sweeps, kicks, controls and angles will form part of the attacking system I showcase in my chapter. Drill the concepts and methods in training and sparring until they become second nature. I am sure this will then add a whole new dimension to your fighting game.



TECHNIQUE 1

1. Start facing your opponent in a southpaw stance.

2. Throw a lead jab to your opponent's head. Lean forward with it rather than stepping. You are teasing with this punch and looking to give your opponent a false sense of your distance.

3. Regain your guard and see how your opponent reacts.

4. Throw a lead jab to your opponent's head. Lean forward with it rather than stepping. Think of it as having a broken posture and almost showing bad form on the punch.

5. Regain your guard and see how your opponent reacts.

6. Immediately push hard off your back foot to take a fast step forward and slightly to your right with your lead leg. As you do this, drive a jab towards your opponent's head.

7. Follow this with a left straight punch by pivoting your back foot and turning your hip over. Sit your weight down and drive your left shoulder forward to add more power to your shot.

8. Straight away rotate your left shoulder back and throw a right uppercut to your opponent's chin. At this point your head should just be to the outside of their lead hand.

Throwing a lead uppercut as a Southpaw is a highly effective punch as long as you have covered the distance and taken your head off the centre-line.

TECHNIQUE 1 CONTINUED

9. After the punch has landed, take a further step out to your right with your lead leg. Move your leg in sync with your right hand retracting back to your guard.

10. As you do this, pivot your right foot clockwise, chamber your rear knee and fire a hard left leg roundhouse kick to your opponent's head.

11. Recover your stance by landing your rear leg back behind. This movement should bring you back in line with your opponent. Try to shorten your stance as you do this. Put more of your weight over your back leg and pivot your left foot anti-clockwise.

12. Immediately lift your lead knee high in front of you as you continue to pivot. In this side kick chamber you should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position.

13. Push off your standing leg to slide forwards towards your opponent. As you do so, extend your leg and drive your right side kick into their mid-section. You are aiming to hit with the heel.

14. Recover your stance by landing your lead leg back in front of you and stepping back to create space.

TECHNIQUE 2

1. Start facing your opponent in a southpaw stance.

2. Step your lead leg towards your opponent. Drop your weight and feint with your lead hand low towards their body. This movement is to both draw their eyes down and hide when you actually want to launch your attack high.

3. Recover your stance by moving your lead leg back towards you. As you do this you should land your leg closer so you end up in a shorter stance with your weight over your back foot.

4. Immediately lift your lead knee high in front of you as you continue to pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position. Once set, push off your standing leg to slide forwards towards your opponent. This all has to be done in one quick sequence.

5. As you get to the correct range, throw a lead leg slash kick to the side of your opponent's head. Think of it like a cross between an axe kick and a hook kick. You are aiming to hit with the heel or sole of the foot.

6. The aim with the slash kick is to drive your weight through the target and land the kicking leg forward on the outside of your opponent's body.

7. Straight away take a small step back with your rear leg and sit your weight back. As you do this you are looking to hook the back of their lead leg below the calf with your right foot.

8. Use this movement and hook to pull their lead leg towards you. The idea is to sweep them into a wider stance so that they lose both their balance and their guard.

9. Once you have achieved this, you are going to scissor your right leg back down onto the floor to your right whilst at the same time rotating your body and chambering your back leg high into a roundhouse kick style chamber.

10. Immediately extend your leg and hit your opponent in the head with the instep of your foot to finish the scissor roundhouse kick.

TECHNIQUE 3

1. Start facing your opponent in a southpaw stance.

2. Your opponent initiates the attack by throwing a lead jab towards your head. Immediately take a small step out to your right with your lead foot as you inside block with your right arm. You are rotating your body and almost striking their punch with your forearm to defend the attack.

3. As you block and step with your right leg, pivot to take your back foot completely off the centre line.

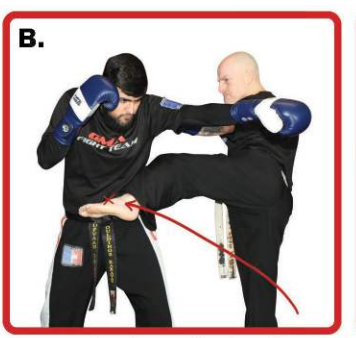
4. Straight away fire a lead hand back fist to your opponent's head over the top of their punch or lead hand if they manage to get back to guard.

5. As you retract your right hand back to guard, extend your left arm out towards the back of their arm to utilise a long guard. This will block their shoulder and make it harder for them to turn towards you or counter. Whilst doing this, take a further step out and to your right with your lead leg.

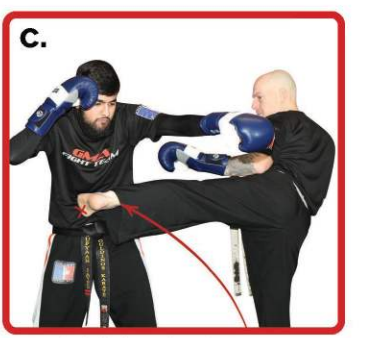
6. Immediately pivot your right foot clockwise, rotate your right shoulder back and throw a hard, left roundhouse kick to their mid-section. You are aiming here to hit with your shin.

WHEN HITTING WITH THE ROUNDHOUSE KICK TO THE BODY YOU CAN USE 3 DIFFERENT FOOT POSITIONS.

Using the instep of your foot. This typically is best when you find yourself further away from your opponent.



Using your shin. This typically is best when you find yourself close to your opponent.



Using the ball of your foot. This is a more traditional variation found in Karate styles such as Shotokan. This foot position will give you different angles, which in turn will allow for more specific targets i.e. the liver. This foot position is the most difficult of the three to use effectively.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Step towards your opponent. Aim to land just outside the space they can hit you without moving first.

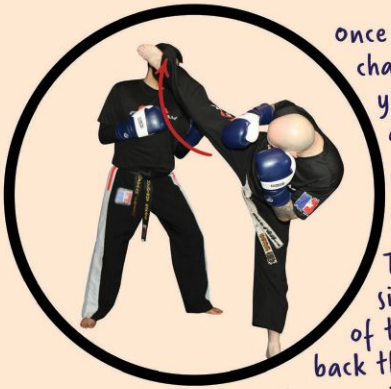
3. Straight away, push hard off your back leg and move your lead leg forward to your left at a 45 degree angle.

4. As you do this move your back leg in front so that you end up in an off-angle southpaw stance within range to strike. This movement does three things. It takes you off the centre line, closes the distance and changes your stance.

5. Throw a lead jab to your opponent's head. Lean forward with it rather than stepping. You are teasing with this strike and looking to get your opponent to lean back.

6. Immediately sit your weight back over your left leg and lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position.

7. As you do so, extend your leg and drive your right side kick into their mid-section. You are aiming to hit with the heel.



once you have the knee chambered for a sidekick, you can also switch the attack and go high with a hook kick instead. This is a good option if you see their hands low. Think of it as throwing a side kick high to the left side of their head and then hooking back through from your chamber. You are aiming to hit with the heel or sole of the foot.

TECHNIQUE 5

1. Start facing your opponent in a southpaw stance.

2. Step towards your opponent. Aim to land just outside the space they can hit you without moving first.

3. Straight away, push hard off your lead leg and move your back leg forward to your left at a 45 degree angle.

4. As you put weight over your left leg, immediately lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position.

5. As you do so, extend your leg and drive your right side kick into their mid-section. You are aiming to hit with the heel.

6. Land your lead leg back forward as close to your opponent as possible when recovering your stance. Immediately push off your back foot to lunge forward with a straight left punch to their head. Ensure you drive through the target, pivot your back foot and rotate your body as you do so to hit with maximum power.

TECHNIQUE 6

1. Start facing your opponent in a southpaw stance.

2. Step your lead leg fast towards your opponent. You are looking to feint with your lead hand slightly as you drive forward. You are using this movement to try to make your opponent flinch and plant their feet.

3. Drawing the reaction you want, you immediately cross step forward with your back leg. This will bring you closer to your opponent and load up the power needed to keep moving forward fast. As you do this, extend your right arm out straight. Aim to place it across their chest, guard or head.

4. Continue the movement by pushing off your left leg to drive your right leg deep behind your opponent's stance. You want to get your thigh and hip as far through as you can. You will need to make contact with these to ensure you are close enough to their body. As you do this, drive your right arm out further across their chest, guard or head.

5. From this position immediately push through your opponent with your hip and thigh. Whilst doing, swing your right arm to your right to force them into the sweep.

6. This sweep, if successful, will take them completely off their feet.

7. Once your opponent is grounded, take a small step to your right with your lead leg to bring yourself standing over them.

8. Straight away drop your left knee onto their mid-section. You are looking to use this weight drop as an initial strike.

9. Once the strike has landed, use it to control your opponent with a knee on belly style position. Immediately throw a hard right straight punch to their head.

10. Follow this with a hard left straight punch to your opponent's head. Pivot your body but make sure you keep your posture high to add power to the shot. Keep them pinned with your knee whilst striking.

11. Immediately recover your stance by lifting off your opponent and coming back to a standing position. Create space by taking your left leg behind you and angling off. Make sure you break away towards their head and not their legs to avoid getting hit by any up kick style strike.

From another angle you can better see how to twist your hips and drop your knee onto your opponent's diaphragm.

TECHNIQUE 7

1. Start facing your opponent in a southpaw stance.

2. Put your weight back and lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position. Once set, push off your standing leg to slide forwards towards your opponent. This all has to be done in one quick sequence.

3. As you get to the correct range, extend your leg and drive your right side kick just above the knee of their lead leg. You are aiming to hit with the heel or knife edge of the foot.

4. Recover your stance by landing your lead leg forward and just to the outside of your opponent's front foot.

5. Follow this with a left uppercut to your opponent's chin by pivoting your back foot, rotating your body and turning your hip over.

6. Immediately pivot your lead foot anti-clockwise and rotate your body to your left as you throw a right hook.

7. After the punch has landed, take a further step out to your right with your lead leg. Move your leg in sync with your right hand retracting back to your guard.

8. As you do this, pivot your right foot clockwise, chamber your rear knee and fire a hard left leg roundhouse kick to your opponent's mid-section.

The side kick to the knee will typically result in an opponent's head jerking forward as a result of hyper-extending their leg.

TECHNIQUE 8

1. Start facing your opponent in a southpaw stance.

2. Put your weight back and lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position. Once set, push off your standing leg to slide forwards towards your opponent. This all has to be done in one quick sequence.

3. As you get to the correct range, extend your leg and drive your right side kick into the hip of their lead leg. You are aiming to hit with the heel or knife edge of the foot.

4. Recover your stance by landing your lead leg forward and just to the outside of your opponent's front foot. Follow this with a left hook to their head by pivoting your back foot, rotating your body and turning your hip over.

5. After the punch has landed, take a further step out to your right with your lead leg.

6. As you do this, pivot your right foot clockwise, chamber your rear knee and fire a hard left leg roundhouse kick to your opponent's mid-section.

7. Land your kicking leg forward and across your body.

8. Pivot your front foot to the back in a clockwise direction. Whilst doing this, turn your back foot in a similar fashion and rotate your body towards so that your body is now facing away from your opponent. Straight away look over your right shoulder.

9. Chamber your knee low in-line with your non kicking leg and start to drive your hip towards your opponent for the start of a spinning hook kick.

10. As your leg drives just towards the side of your opponent's head, extend your kick and snap through the target using both your chamber and your hip. Imagine you are throwing a back kick towards the side of their face prior to hooking through at the end.

You can hit either with your heel for greater damage if you are at close range or sole of the foot for greater reach if further away or you want to pull the power in your shot.

TECHNIQUE 9

1. Start facing your opponent in a southpaw stance.

2. Put your weight back and lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position. Once set, push off your standing leg to slide forwards towards your opponent. This all has to be done in one quick sequence.

3. As you get to the correct range, extend your leg and drive your right side kick into their mid-section. You are aiming to hit with the heel.

4. Recover your stance by landing your lead leg forward and just to the outside of your opponent's front foot. As you do this drop your body weight down and move your lead arm low across your chest.

5. Immediately drive off your legs and throw a reverse elbow under the chin of your opponent.

6. After the strike, extend your lead arm high across the side of their head.

7. Continue the movement by pushing off your left leg to drive your right leg deeper behind your opponent's stance. You want to get your thigh and hip as far through as you can. You will need to make contact with these to ensure you are close enough to their body. As you do this, drive your right arm out further across their head.

8. From this position immediately push through your opponent with your hip and thigh. Whilst doing, swing your right arm to your right to force them into the sweep.

9. This sweep, if successful, will take them completely off their feet.

10. Once your opponent is grounded, pivot out and to your left with your back leg. This will turn you towards them once more and bring you standing over them.

11. Straight away lift your left knee high over the body of your opponent.

12. Stomp down hard into your opponent's mid-section. You are aiming to hit with the heel.

TECHNIQUE 10

1. Start facing your opponent in a southpaw stance.

2. Throw a lead jab to your opponent's head. Lean forward with it rather than stepping.

3. Leave your lead arm out slightly to create the impression of a false opening for your opponent. You want them to commit to a counter rear straight punch to your mid-section.

4. As you draw the reaction you wanted, immediately step your rear leg back to create a little space. This movement will also allow you to put your weight more over your back foot.

5. Lift your lead knee high in front of you as you pivot into a side kick chamber. You should have your knee between you and your opponent. Pull your toes back to ensure your foot is also in the correct position.

6. With their weight forward and over committed posture, extend your leg and drive your right side kick into the front of their face. You are aiming to hit with the heel.

To effectively use the side kick to hit your opponent hard in the head, you must make them come towards you. The more they are off-balance with a broken posture, the easier you will find it to land the kick, even without a high level of flexibility.

7. Recover your stance by landing your lead leg back in a cross step motion. Use the impact of the kick to bring your foot across your body so that it ends up just in front of your standing leg.

8. Immediately push off your right leg to step your left leg further back, bringing you back into a southpaw position outside of fighting distance.

TECHNIQUE II

1. Start facing your opponent in a southpaw stance.

2. From this close range position, throw a lead hook to your opponent's head by pivoting your front foot anti-clockwise and rotating your left shoulder back.

3. Follow this with a left straight punch to your opponent's mid-section by pivoting your back foot, rotating your body and turning your hip over.

4. To relieve the pressure of being attacked, your opponent steps forward to tie you up in a clinch. As they do this, step your right leg back into an orthodox stance position.

5. Push your hips away to create some space and touch the inside of their lead foot with your left foot. This will drop their head further onto you.

6. Immediately use your left shoulder to aggressively bump their head up out of the clinch.

7. At the same time use your lead leg to foot sweep the inside of their front leg out towards your right. Push out of the clinch whilst doing this.

8. Drag their leg out to both off balance them and drop their guard. Take your sweeping leg through as you do this.

9. Jump straight off the floor and start to rotate your body to your right. The higher you jump the more time you have to spot your target over your right shoulder. At the same time chamber your right knee high in front of you towards your opponent.

10. Finish the jump back kick by extending your leg and driving your heel into the front of their face. You could also send this kick to the body should you wish.

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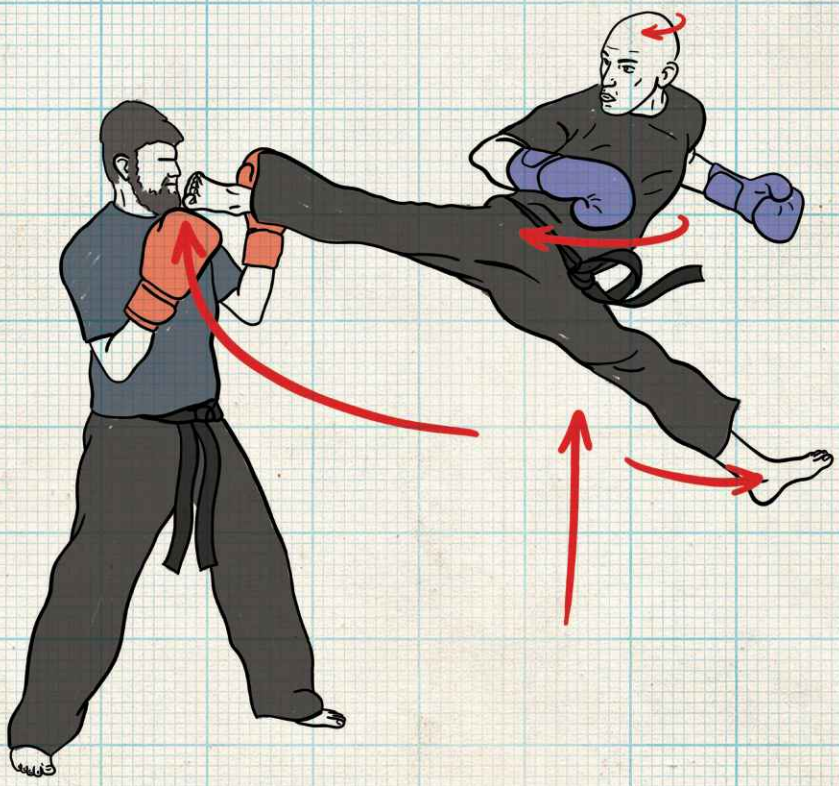

PAUL KARPOWICZ

Paul Karpowicz is a British Muay Thai fighter born and raised in the North of England just outside of Manchester. A product of the world-renowned Muay Thai coach Master Sken, the hugely talented fighter consistently lives up to his nickname 'the Magician' whether training in the gym or competing in the ring.

Paul started training at the age of 6 years old. His first experience was in traditional Karate and although he initially enjoyed it, he soon gravitated towards the more full-contact arena of Muay Thai after turning 7 years old.

Known for his high levels of athleticism, skill and creativity, Paul is a world class striker, with experience in both the Muay Thai and K-1 arena. This is showcased by his wins over elite level opponents such as Coke Chunhawat and Jamie Whelan. Aside from his fights, Paul has also gained hundreds of thousands of fans from across the world as a result of his equally brilliant coaching style.

As the head coach of 2 Technical Muay Thai in Stockport, Manchester, he has spent years creating and perfecting his own personal approach to striking. Fighters from all over the UK seek him out on a regular basis in order to train with him and take advantage of his vast knowledge of Muay Thai.

Accolades:

- Founder and Head Instructor of 2 Technical Muay Thai.
- Globally renowned Muay Thai Coach.

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Muay Thai Tricks

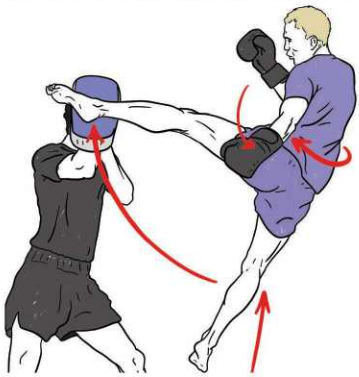
I have always been a fan of creativity since starting out in Muay Thai over twenty years ago. I would often be out on the street corner with my friends trying to put together different combinations and training drills. I would coach them how to kick, clinch and spar, whilst trying out a whole assortment of crazy sequences I had put together.

Master Sken, who was my coach from being young, instilled in me a desire to excel technically, and at the same time, not restrict myself to thinking there was just one way to do something. I would train every day and aim to spend as much time with as many of the older, more experienced fighters as I could.

This led to me becoming very difficult to read in the gym. My speed, technique and unorthodox approach to striking would take large numbers of people by surprise in sparring on a regular basis.

As such, I wanted to cover a series of my "tricks" for you to learn about here. Like anything in Muay Thai though, they are not set in stone, and are dependent on several factors when it comes to whether you find success with them or not. Constant drilling in training and learning the correct context for application through increasing your experience via fighting or sparring are key in this area.

You will see that I like to create patterns for my opponent so that I can learn about their reactions. Once I have this information, I then use one of the tricks shown to set them up and catch them in a way they do not anticipate. A big part of success in high level fights is going to be your ability to read and adapt to your opponent so this approach will pay off for you no matter what striking based combat sport you compete in.



TECHNIQUE 1

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this by pivoting your back foot, turning your hip over and extending your right arm across the front of your opponent's head in order to utilise a long style guard and cover. Make sure you sit your weight down with this.

4. Immediately pivot your left foot, pull your right shoulder back and throw a left hook to your opponent's body.

5. From there raise back up once more, take a small step forward and to your left with your lead foot whilst pivoting your back foot to bring your right hip and shoulder forward. As you do this, extend your right arm across the front of your opponent's head in order to utilise a long style guard and cover.

6. Straight away throw a hard right low kick to your opponent's lead leg.

7. Recover your stance by landing your rear leg back behind you.

8. Keep the pressure on by throwing another lead jab to your opponent's head.

TECHNIQUE I CONTINUED

9. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Make sure you sit your weight down into this punch.

10. Stay low and Immediately pivot your left foot, pull your right shoulder back and throw a left hook to your opponent's body.

11. From there raise back up once more, take a small step forward and to your left with your lead foot whilst pivoting your back foot to bring your right hip and shoulder forward. As you do this, extend your right arm across the front of your opponent's head in order to cover yourself whilst you feint the right low kick by lifting it off the floor slightly. The harder you attacked with the previous kick, the more likely they are to react to this fake.

12. As they lift their lead leg up to block, which is the reaction you were looking to draw, you immediately put your right foot back onto the floor. Ensure you keep your heel raised and your foot pivoted so as not to let it flatten out.

13. Straight away push off this foot and drive your lead leg forward and to the outside of your opponent's standing rear leg. Whilst doing this make sure you keep your right arm out in its long guard position. The further you are able to step, the more hip you can utilise in the attack.

14. At the same time use your back foot to sweep their standing rear leg and push across to your right with your right arm on your opponent's head, shoulder or guard. Keep the sweep low on their leg for maximum effect.

15. If they don't get swept to the floor, they will look to regain their balance in order to stay standing. Typically this will mean they drop their hands and end up in a deeper, wider stance position. Knowing this, recover your stance by landing your rear leg back behind you. It is important though not to flatten out the rear foot. Keep your right foot, hip and shoulder engaged.

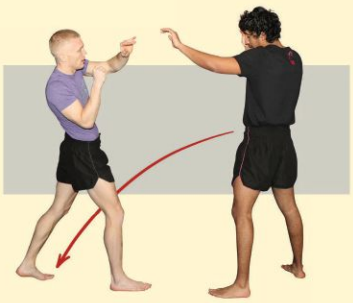
16. Immediately pivot your front foot anti-clockwise and throw a hard right roundhouse kick to your opponent's head. You are aiming to hit with either the instep or the shin.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Switch your feet by taking your lead leg back and your rear leg forward. Let your left arm come out straight in front of you in order to use a long style guard and cover.

3. Immediately throw a hard left body kick to their mid-section. Keep the left arm out in long guard as you do this.



4. Recover your stance by landing your left leg back into a southpaw position.

5. Straight away create space by stepping your right leg back and regaining your orthodox stance once more.

TECHNIQUE 2 CONTINUED

IF YOU THROW THE SAME KICK FAST ENOUGH YOU WILL START TO SEE THE SAME PATTERNS IN YOUR OPPONENT'S DEFENCE. HERE ARE SOME EXAMPLES OF HOW YOU CAN ADAPT YOUR ATTACK FROM THE SWITCH ONCE YOU SEE THESE:

A.

6. Switch your feet by taking your lead leg back and your rear leg forward. Let your left arm come out straight in front of you in order to use a long style guard and cover. As you do this, you see your orthodox opponent cross block with their lead leg in anticipation of your left body kick.

7. Instead of throwing the kick, you immediately take a fast step back forward with your left leg. You want to get as deep into your opponent as you can with this movement.

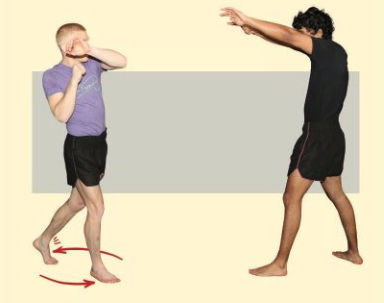
8. At the same time switch your long guard so that your right arm comes out long across their chest. You are looking to get your right thigh directly under their hip.

9. As you do this you are going to drive your right leg up and through your opponent. At the same time push down and to your right with your right arm across their chest, guard or head.

10. This sweep will take your opponent completely off their feet if timed correctly.

TECHNIQUE 2 CONTINUED

B.



11. Switch your feet by taking your lead leg back and your rear leg forward. Let your left arm come out straight in front of you in order to use a long style guard and cover. As you do this, you see your orthodox opponent slide either their hips or full body back in anticipation of your left body kick.

12. Instead of throwing the kick, you immediately take a fast step back forward with your left leg.

13. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Make sure you sit your weight down into this punch.

14. Immediately pivot your left foot, pull your right shoulder back and throw a left hook. You are looking to keep this hook long so go palm down with your fist.

15. Straight away take a small step to the outside of your opponent's rear leg with your left foot and deliver a hard right body kick to their mid-section. Ensure you take your right arm out to use as a long guard whilst you kick.

TECHNIQUE 2 CONTINUED

C.

16. Switch your feet by taking your lead leg back and your rear leg forward. Let your left arm come out straight in front of you in order to use a long style guard and cover. As you do this, you see your orthodox opponent outside block with their rear leg in anticipation of your left body kick.

17. Instead of throwing the kick, you immediately uncoil and throw a right uppercut to your opponent's head.

18. Follow this with a left straight punch by pivoting your back foot and turning your hip over. Make sure you sit your weight down into this punch.

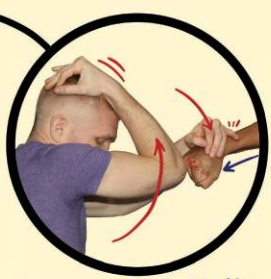
19. Push off the back foot and take a further small step forward with your right leg. As you do this, throw a right cross elbow to the side of your opponent's head.

20. From there, reach to the outside of your opponent's head with your left arm in order to further break their posture as you throw a hard left knee to their mid-section.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. As your opponent initiates an attack with a right cross, you are going to parry their punch with your left hand whilst blocking with your right arm.



There is an element of looking to hurt your opponent's hand with your elbow here but the main objective is simply to bring your right arm across your face to protect you from the strike, whilst using your parry to brush their punch onto it. Don't reach forward with the block or move your head when you parry, think of it more as closing the gap.

3. Once the punch has been directed onto your block and been nullified, you are looking to leave the parry on their wrist and scoop their arm down towards your left in a small, circular motion.

4. You want to loop this scoop and immediately step forward with your lead foot into a left hook to your opponent's head.

5. Follow this by pivoting your rear foot and throwing a spear elbow into their face.

6. Immediately collapse the elbow into a clinch onto the left side of your opponent's head. At the same time drop your left arm onto their shoulder to doubly secure the frame and position.

7. Use this clinch to throw a hard right knee to your opponent's mid-section.

8. Recover your stance by landing your rear leg back behind you. You can leave your clinch in place as you do this.

9. From there, take a small step forward and to your left with your lead foot whilst pivoting your back foot to bring your right hip and shoulder forward. As you do this, draw your left hand back to your guard and keep your right arm extended across the side of your opponent's head in order to switch to the long guard.

10. Straight away throw a hard right low kick to your opponent's lead leg.

With the spear elbow you should just think of it as if you were bringing your guard forward fast and hitting your opponent with it. once you have hit with the left hook you simply need to take a short step if necessary and drive your right shoulder forward with the arm in a fixed position.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch to the body by sitting your weight down, pivoting your back foot and turning your hip over. The idea here is to box in order to make your opponent cover up and plant their feet.

4. Immediately pivot and move your back leg out and to your right in order to create a new angle of attack. Be careful not to move back or away here. As you do this you should be looking to coil your lead shoulder back, keep your body rotated to your left and ensure your rear foot remains pivoted forward. Extend your right arm into a long guard to keep you covered as you do this as well

5. Straight away pivot your left foot, pull your right shoulder back and throw a hard left hook to your opponent's body.

6. Recover distance by stepping back with your rear foot. Typically they will then turn to face you at this point.

7. Throw a lead jab to your opponent's head.

TECHNIQUE 4 CONTINUED

8. Follow this with a right straight punch to the body by sitting your weight down, pivoting your back foot and turning your hip over.

9. Immediately pivot and move your back leg out and to your right in order to create a new angle of attack. Be careful not to move back or away here. As you do this you should be looking to coil your lead shoulder back, keep your body rotated to your left and ensure your rear foot remains pivoted forward. Extend your right arm into a long guard to keep you covered as you do this as well.

10. Once you get to the position you will want to take a full step forward with your back leg directly across the front of your opponent's body, staying as close as you can manage. As you do this you will be looking to sit your weight down and rotate your body to look over your left shoulder towards your opponent's head.

11. Straight away finish the spinning elbow by pulling the back of your left elbow high into the side of your opponent's head.

12. To exit safely and quickly from the strike, as you uncoil from the elbow, pivot your feet to your right and rotate your body in the same direction.

13. As you do this, take a big step forward to your right with your back leg. By continuing with the rotation of your body, pivot your right foot in a clockwise direction and you will end up back at distance off at an alternate angle in a southpaw stance.

The angle is important here so make sure your right shoulder goes down as your left initiates the attack. It is also a good idea to use your eyes to quickly spot your target at the same time.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by sitting your weight down, pivoting your back foot and turning your hip over.

4. Immediately take a small step forward and to your left with your lead foot whilst keeping your back foot pivoted to bring your right hip and shoulder forward. As you do this, extend your right arm in order to utilise a long style guard and cover.

5. Straight away throw a hard right low kick to your opponent's lead leg.

The concept of kneeing and elbowing at the same time is a traditional high level Muay Thai attack. In order to make it work though you will need to spend a lot of time practising as it requires both considerable balance and timing to land effectively.

6. Recover your stance by landing your rear leg back behind you.

7. Throw a lead jab to your opponents head.

8. Follow this with a right straight punch by sitting your weight down, pivoting your back foot and turning your hip over.

9. Your opponent trying to intercept and break your rhythm initiates a right low kick to counter your attack. As you see them move, chamber your right leg forward towards them.

10. You are looking to meet their rear leg with your right knee by turning slightly towards it once your chamber is in position. At the same time you throw a right elbow at your opponent's head.

11. The idea essentially is to land a knee to their kicking leg and elbow to their head at pretty much the same time. It is likely though that you will hit your opponent's thigh with the top of your shin as much as your knee.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Immediately take a fast, small step forward and to your left with your lead foot whilst keeping your back foot pivoted to bring your right hip and shoulder forward. As you do this, extend your right arm in order to utilise a long style guard and cover.

3. Straight away throw a hard right low kick to your opponent's lead leg.

4. Recover your stance by landing your rear leg back behind you.

5. Keep the pressure on by taking another fast, small step forward and to your left with your lead foot whilst keeping your back foot pivoted to bring your right hip and shoulder forward. As you do this, extend your right arm in order to utilise a long style guard whilst you feint the right low kick by lifting it off the floor slightly towards your opponent. Don't whip your arm back on this feint otherwise the following attack will be made much more difficult to pull off.

6. As they lift their lead leg up to block, which is the reaction you were looking to draw, you immediately hop off the floor towards your opponent with your lead leg. At the same time you want to start driving your right hip and chamber backwards to generate torque.

7. As you get into the correct distance, push your right chamber back further. This in turn will allow you to pivot your right shoulder further forward and complete the superman cross elbow to your opponent's head.

8. As you land, look to immediately regain your orthodox stance. Collapse your elbow strike and guard hand into a long clinch position on the opposite of your opponent's head. You can use this position to push your opponent away from you slightly in order to help create space and keep them off balance.

9. From there, take a small step forward and to your left with your lead foot whilst pivoting your back foot to bring your right hip and shoulder forward. You can leave your clinch in place as you do this but put a bend in your arms if necessary.

10. Straight away, draw your left hand back to your guard and keep your right arm extended across the side of your opponent's head in order to switch to the long guard as you throw a hard right low kick to your opponent's lead leg.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. Take a step back with your rear foot to maintain distance from your opponent as they step their lead leg towards you. The idea is to be just outside the range where you can be hit. In this situation you are dealing with an aggressive opponent who comes forward all the time.

3. As you move back, ensure you recover your stance with balance by bringing your front leg back into the correct space. Keep your guard high and maintain constant focus and awareness.

4. As they continue to pressure forward towards you, take another step back with your rear foot to maintain distance from your opponent. It can be helpful to post out with your lead arm here in a long guard or measuring style to aid with spacial control.

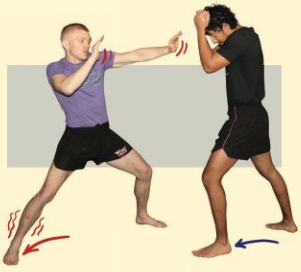
5. This time, put your weight back forward, pivot your front foot anti-clockwise and throw a hard right body kick to their mid-section.

6. Recover your stance by landing your rear leg back behind you.

TECHNIQUE 7 CONTINUED

7. As they continue to pressure forward towards you, take another step back with your rear foot to maintain distance from your opponent. It can be helpful to post out with your lead arm here in a long guard or measuring style to aid with spacial control.

8. As you move back, ensure you recover your stance with balance by bringing your front leg back into the correct space. Keep your guard high and maintain constant focus and awareness.



9. As they continue to pressure forward towards you, take another step back with your rear foot to maintain distance from your opponent. Feint slightly with your rear foot and hip to sell your counter once more.

10. Anticipating your body kick counter again they start to sit their weight back and lift their lead leg to block.

11. Immediately push off the back foot and fire forward with a long right cross to your opponent's head.

12. Straight away take a small step forward and to your left with your lead leg, pivot your front foot, pull your right shoulder back and throw a long left hook.

13. Follow this by throwing a hard right body kick to your opponent's mid-section. As you do this, extend your right arm in order to utilise a long style guard and cover.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. As your opponent initiates an attack with the lead jab, you are going to parry their punch with your right hand whilst moving your rear leg away and sitting your weight back into a slightly wider, deeper stance.

3. Counter straight away by springing your body weight back forward and throwing a long left hook to their head. It is common that they will be able to avoid this by sitting back if they do not compromise their stance with the first punch.

4. Immediately recover your hook by tucking your lead arm across your body and adopting a "philly" shell style guard. Sit your weight over your back leg as you do this.

5. Straight away, drop your body down. This will both load up your hips and help you defend any potential counter punches.

6. As they start to pivot back you should intercept their movement by pushing off your rear foot, stepping your lead foot forward and straightening your legs. At the same time drive a reverse elbow high under their chin.

7. Immediately sink your weight back down into a low position.

8. Take a step away and to the back with your rear foot. Whilst doing this, catch a hold of the inside of your opponent's lead leg by hooking the back of their foot with your own.

9. Straight away drag their hooked foot towards you. If this sweep does not cause them to fall over, they will end up having to drop their guard and widen their stance in order to remain upright.

10. Pivot straight back with your rear foot, take a small towards them with your lead foot and begin to rotate the right side of your body and shoulder.

11. Drive the rear cross elbow hard into the side of your opponent's head.

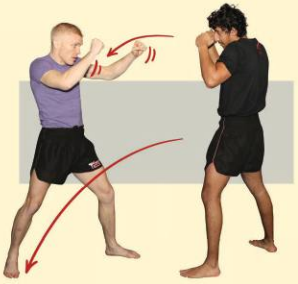
TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Lift your lead leg up to chamber your front knee high in front of you. Extend your left arm out at the same time to utilise a long guard.

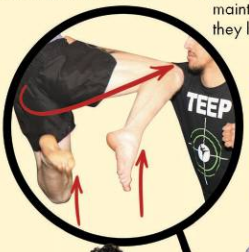
3. Keeping the knee high, slide forward to close the distance and land your leg back forward into stance. At the same time grab a hold of your opponent's guard by looping around the outside of their arms with your own.

4. Using their guard as a clinch style frame, utilise their resistance by pulling their arms to help deliver a hard right knee to their midsection.



5. Recover your stance by landing your rear leg back behind you.

6. Take a step back with your rear foot to maintain distance from your opponent as they look towards moving forward.



By tucking your back leg as you jump, you will be able to drive your lead hip and knee through the target area with more power.

7. As you move back, ensure you recover your stance with balance by bringing your front leg back into the correct space. Keep your guard high and maintain constant focus and awareness.

8. Take another step back with your rear foot to maintain distance from your opponent as they look towards countering. Ensure you are balanced in the wider stance as typically they will now try to step further and swing more with punches in a bid to cover the space you are creating.

9. Immediately jump up high and throw a flying knee to the front of their head. The key here is not to take another step forward. Spring up using the lower, deeper stance to generate the necessary power.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Pivot your back foot forward, pull your left shoulder back and drop your weight down.

3. Immediately utilise this movement by driving off the floor and pivoting your front foot to fire a hard left hook to your opponent's head.

4. Follow this straight away by pivoting your right foot, pulling your left shoulder back and throwing a right hook to your opponent's head at the same time.

5. Drop your right hand onto your opponent's lead guard. At the same time, take a small step towards them with your lead foot and drive your left uppercut elbow under their chin.

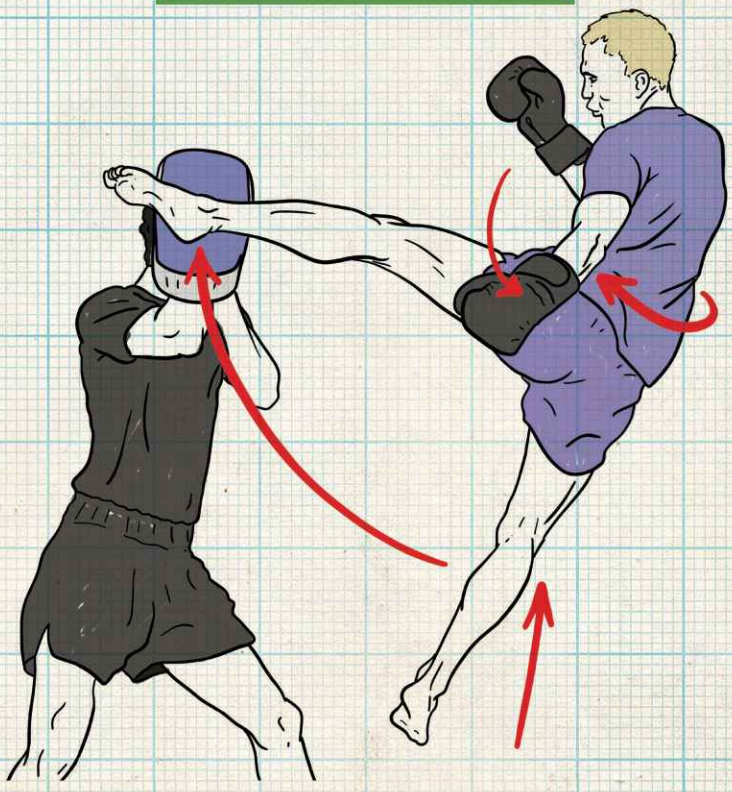
6. It is likely they will swing wildly now to get out of danger. As they throw the left, take a step back to create space.

7. As they step forward swinging with their right hand, take a step back forward covering high with your left arm.

8. This guard becomes the lead spear elbow you drive into your opponent's head by continuing with both the step and slight rotation of your body.

9. Immediately pivot your back foot, pull your left shoulder back and follow this with a right cross elbow to the side of their head.

For further coaching with Paul scan the QR code:



STEVEN LOPEZ

Steven Lopez is well regarded as one of the P4P best Taekwondo athletes of his generation. The Nicaraguan-born American fighter is a two times Olympic Gold medallist and five-time Taekwondo World Champion.

Born in Nicaragua, Steven moved with his parents to New York City in 1982. He first started training Taekwondo at the age of 5 years old in his home garage with his father and older brother.

His siblings, Mark, Diana and Jean (coach) are all USA National Team Members in Taekwondo. The younger of which, Mark and Diana, also represented the United States at the 2008 Beijing Olympics, marking the first time since 1904 that three siblings have been on the same Olympic team.

The 4th Dan black belt has had a distinguished competitive career, including participation in three Olympic games (2000 and 2004 gold medallist, and 2008 bronze medallist) and 5 World Championships (Winner in 2001, 2003, 2005, 2007 and 2009).

Accolades:

- Double Olympic Taekwondo Gold Medallist
- Olympic Taekwondo Bronze Medallist
- 5-time Taekwondo World Champion

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Developing High Level Taekwondo

High level Taekwondo is not just about kicking, as some people outside of the sport may think. I wanted to use my chapter in this book to go over some of the other important aspects that need to be developed in order to become an elite fighter in my discipline.

I have always tried to stay two steps ahead when I fight. I want to impose my will and make any opponents do what I want them to do. Typically, this is often a mixture of distance control, feints, spins and angles prior to the launch of any actual attack.

Speed and fluidity of movement are both of fundamental importance to be effective in Taekwondo. Hence why repetition and constant training are both vital for ongoing success.

The combinations and drills I go through here with my brother Jean Lopez are all designed to not only help you develop athletically, but also allow you to start to play the game at a higher level by incorporating the use of traps. By traps, I mean doing something prior to striking in order to bait your opponent into moving or giving you an opening so that you can hit first or more effectively.

TECHNIQUE I

1. Start facing your opponent in an open stance.

2. Slide forward towards your opponent ensuring you keep balanced and your weight evenly distributed in your stance. In this instance you are looking to bait a lead leg kicker to attack.

3. As they start to initiate a lead leg kick, transfer your weight briefly over your front foot.

4. Immediately pivot out to your right at a 45 degree angle with your back foot in order to make them miss with their kick. This is the most important part of this sequence. Breaking the angle at just the right time with the correct amount of distance is key.

5. As they land their kicking leg forward just to the outside of your lead leg, look to see where they have opened up most on their right side.

6. Spotting the gap, straight away pivot your front foot to your left, chamber your right leg and fire a fast, hard roundhouse kick to their mid-section.

If the gap appears high, simply fire the same kick at your opponent's head instead.

TECHNIQUE 2

1. Start facing your opponent in an open stance.

2. Immediately switch your stance from open to closed by bringing your left leg back and your right leg forward. In this instance you are looking to attack from a right lead to see how your opponent reacts to this change in rhythm. You can use this switch to drift closer to your opponent as well.

3. Depending on distance you can simply chamber your right kick on the spot by pivoting your back foot and bringing your lead knee up or you can do so whilst sliding forward towards your opponent at the same time.

4. Immediately fire a fast roundhouse kick to either their mid-section or head.

TECHNIQUE 3

1. Start facing your opponent in an open stance.

2. Slide forward towards your opponent ensuring you keep balanced and your weight evenly distributed in your stance. In this instance you are looking to bait a lead leg kicker to attack.

3. As they start to initiate a lead leg kick, transfer your weight briefly over your front foot.

4. Immediately pivot out to your right at a 45 degree angle with your back foot in order to make them miss with their kick. This is the most important part of this sequence. Breaking the angle at just the right time with the correct amount of distance is key.

5. As they land their kicking leg forward just to the outside of your lead leg, initiate a back leg axe kick by chambering your right knee high and forward, similar in angle to what you would do with a front kick.

6. Finish the kick by extending the leg at height and dropping it forward onto either the top of your opponents head, front of their face or clavicle/chest. You can hit either with your heel for greater damage or sole of the foot for greater reach.

TECHNIQUE 4

1. Start facing your opponent in an open or closed stance.

2. Put your weight back, lift your lead leg into a low chamber and slide forward fast to cover distance. In this instance we are looking to trigger either an appropriate reaction or simply to cover distance to attack.

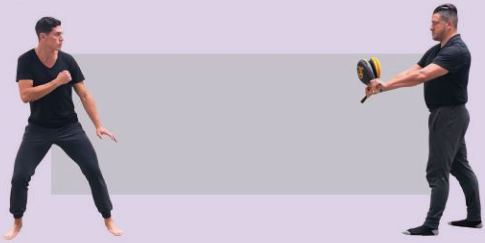
3. Very often your opponent will slide back to avoid any potential attacks. At this point they will either stop and look or counter with an attack of their own.

4. You are looking to hit your opponent on their right side so ideally at this point they should either be stationary in a closed stance or attacking from either stance with their left leg. Either way, you now immediately pivot your front foot to the back in a clockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent.

5. Immediately look over your right shoulder, chamber your right leg and fire a turning back kick to your opponent's mid-section. You are aiming to hit with the heel.

The most common mistake on the turning back kick is to chamber your knee out and wide prior to extending the kick. Keep your knees almost together prior to the kick being fired so that you don't lose either time or power. Don't over rotate your body so that your shoulder is in line with your opponent. Lean away and look over your shoulder without rotating any further. The power should come from your hip and leg, whilst keeping the risk of being countered to a minimum.

TECHNIQUE 5



1. Start facing your opponent in an open or closed stance.

2. Put your weight back, lift your lead leg into a low chamber and slide forward fast to cover distance. In this instance we are looking to trigger either an appropriate reaction or simply to cover distance to attack.

3. Very often your opponent will slide back to avoid any potential attacks. At this point they will either stop and look or counter with an attack of their own.

4. Immediately either step forward with your back leg to draw a reaction or switch your stance from open to closed by bringing your left leg back and your right leg forward. You can use the switch to drift closer to your opponent as well in order to initiate the response you are after. Here you are looking to bait a predominantly right leg fighter into kicking with that side.

5. You are looking to hit your opponent on their left side so ideally at this point they should either be stationary in an open stance or attacking from either stance with their right leg. Either way, you now immediately pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent. Straight away look over your left shoulder, chamber your knee low in-line with your non kicking leg and start to drive your hip towards your opponent for the start of a spinning hook kick.

6. As your leg drives just towards the side of your opponent's head, extend your kick and snap through the target using both your chamber and your hip. Imagine you are throwing a back kick towards the side of their face prior to hooking through at the end. You can hit either with your heel for greater damage or sole of the foot for greater reach.

TECHNIQUE 6

1. Start facing your opponent in an open stance.

2. Pivot your front foot to your left, chamber your right leg and fire a fast, hard roundhouse kick to their mid-section.

3. Immediately re-chamber, land the kick forward into a closed stance and ensure you maintain a balanced stance.

4. Straight away slide back to encourage them to now follow and counter with their own attack.

5. As they step to do so, pivot your front foot to your right, chamber your left leg and fire a fast, hard roundhouse kick to their head.

In Taekwondo the understanding of distance is hugely important for success at elite level. Using footwork to control the range and score with your kicks takes repeated practise and drilling. You are looking to create opportunities for you to land your shots whilst making it more difficult for your opponent to hit you with any attack.

TECHNIQUE 7

1. Start facing your opponent in a closed stance at close range.

2. Pivot your front foot to the back in an anticlockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent.

3. Immediately take a full step back away from your opponent with your right leg as you start to turn and look over your left shoulder at them.

PRO TIP!

You can execute the tornado kick, or 180 as it is otherwise known, against a stationary target from this position or, moving back should your opponent start to press for an attack.

4. As you do this you should put your weight more into your right leg so that you can start to lift your left foot off the ground. You should then continue to turn further towards to your left in the direction of your opponent in order to execute a tornado kick.

5. Once your left knee comes in line or just past your opponent's body, immediately scissor your left leg to your left, whilst at the same time lifting your right leg off the floor and firing your right roundhouse kick to either your opponent's mid-section or head.

TECHNIQUE 8

1. Start facing your opponent in an open stance.

2. Pivot your front foot to your left, chamber your right leg and fire a fast, hard roundhouse kick to their mid-section.

3. Immediately re-chamber, land the kicking leg behind you back into an open stance and ensure you remain balanced.

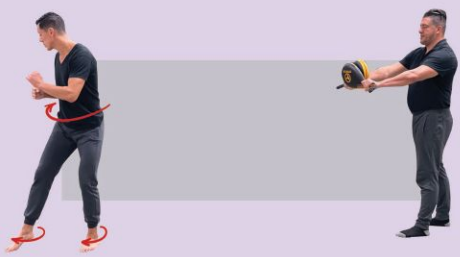
4. As you land back in your stance, it is very likely your opponent will either step to attack or launch a kick of their own to counter.

5. As they do this, make sure you are already pivoting your front foot to the back in a clockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent. Straight away look over your right shoulder.

6. Immediately chamber your knee low in-line with your non kicking leg and start to drive your hip towards your opponent for the start of a spinning hook kick. As your leg drives just towards the side of your opponent's head, extend your kick and snap through the target using both your chamber and your hip. You can hit either with your heel for greater damage or sole of the foot for greater reach.

TECHNIQUE 9

1. Start facing your opponent in an open stance.

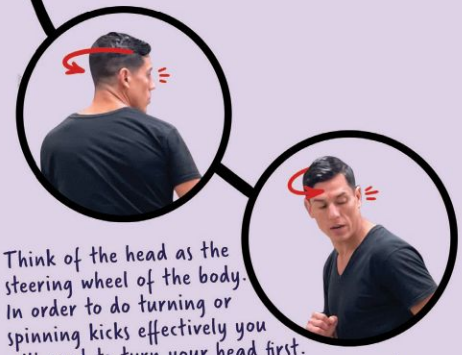


2. Pivot your front foot to your right, rotate your body to your right so that you are looking over your left shoulder and take a full back step forward with your back leg.

3. Land forward into a closed stance. Ensure you are balanced and looking for your opponents reaction to your coming into range.

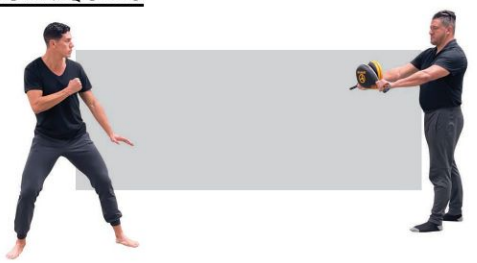
4. You are looking to hit your opponent on their left side so ideally at this point they should either be stationary in a closed stance or attacking from either stance with their right leg. Either way, you now immediately pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent. Immediately start to look at them over your left shoulder

5. Straight away chamber your left leg keeping the knees close together as you drive your hip forward and fire a turning back kick to your opponent's mid-section. Be careful not to get into the habit of taking an unnecessary second step here. It will not help you gain power and will inhibit the effectiveness of your attack. You are aiming to hit with the heel.

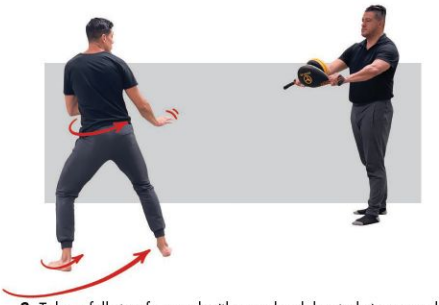


Think of the head as the steering wheel of the body. In order to do turning or spinning kicks effectively you will need to turn your head first. This will also allow you to spot your targets a fraction of a second ahead of initiating the attacks as well. However, as you can see, you should not over rotate your shoulders, simply use your peripheral vision once you get to this point.

TECHNIQUE 10



1. Start facing your opponent in an open stance.



2. Take a full step forward with your back leg to bring you closer to your opponent and into a closed stance.

3. Immediately pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent. As you do this you should put your weight more into your right leg so that you can start to lift your left foot off the ground. You should then continue to turn further towards to your left in the direction of your opponent in order to throw the tornado kick.

4. Seeing your opponent step back out of range you bail out of completing the kick and simply put your left leg back on the floor in front of you, returning briefly to an open stance. Put your weight forward into the left leg as you do so and lift your back leg off the floor slightly.

5. Straight away you use this momentum to take another full step forward with your back leg to bring you closer to your opponent and back into a closed stance.

6. You are looking to hit your opponent on their left side so ideally at this point they should either be stationary in a closed stance or attacking from either stance with their right leg. Either way, you now immediately pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, turn your back foot in the same direction and rotate fully so that your body is now facing away from your opponent. Immediately start to look over your left shoulder. Straight away chamber your left leg keeping the knees close together as you drive your hip forward and fire a turning back kick to your opponents mid-section. You are aiming to hit with the heel.

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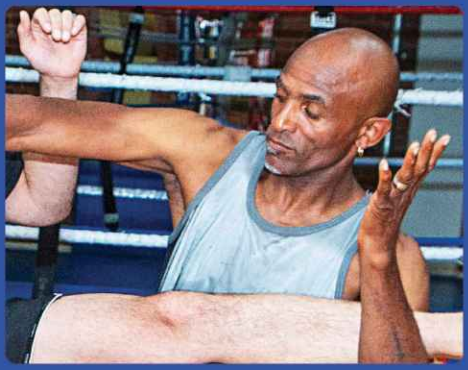
PHIL NURSE



Phil Nurse is a UK born European and British Muay Thai Champion. Currently residing in the US, he is one of the most sought-after striking coaches in the world today.

Phil's first sporting love was with football but a leg injury playing at the age of 17 years old forced him to seek out other ways to rehabilitate and strengthen himself as a result. This led him to start training in Martial Arts. He initially began his Muay Thai journey with Jack McKeown before moving over to Sandy Holt and then Master Sken to help further his development within the sport.

Phil quickly rose through the ranks of Thai Boxing, becoming European and British Welterweight Champion. His record to date is 32.3.0, with 15 wins by way of knockout.

After drawing so much attention to his abilities in the Muay Thai circles around the world he decided to try Boxing. He attained some success on the British Professional Boxing Circuit while still actively competing in Muay Thai. With a record of 14-3-0, He climbed to number 11 in the UK. Phil spent three years as a professional boxer but ultimately realised that Thai Boxing was his life's ambition and deserved his full attention. As a Thai Boxer, Phil has fought professionally in the UK, Italy, Hong Kong, Sweden, Switzerland and the US.

Aside from his extensive fighting career, Phil is also hugely regarded for his skill as a coach. Although he opened his first full time Muay Thai gym in the UK in the early 1990's, it is for his subsequent move to the US and opening of his New York City based gym in 1995, that he is most known for. From there, he has been involved with coaching the likes of UFC standouts George St Pierre, Jon Jones and Rashad Evans.

Accolades:

- European Muay Thai Champion
- British Muay Thai Champion
- Founder of The Wat gym in New York City

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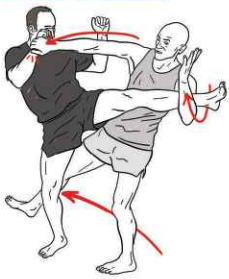
Adapting Muay Thai for MMA

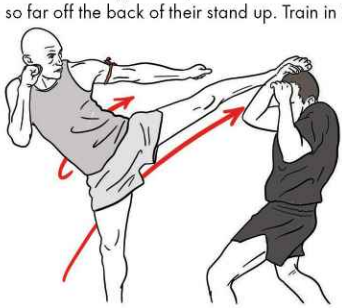
Having been involved in coaching striking for both Muay Thai and MMA now for many years, I wanted my chapter in this book to be about how I adapt one for the other.



In the early days of the UFC, many fighters would train Muay Thai traditionally and think that would make for a straightforward transition into the octagon. However, the use of Muay Thai, or any other striking discipline in MMA needs some adaptation for those skills to be utilised effectively within the rule set.

There are some people that will say that a Muay Thai practitioner's skills are easily overcome in the cage because of the Wrestling style takedowns. However, I do believe that Muay Thai is one of the strongest striking based arts there is. For those athletes with a solid base in Muay Thai, they will pose a solid threat to any opponent they face so long as they understand the differences they must make to their game. A competent striker with takedown defence will ensure any wrestler or grappler has to work a lot harder to get them to the ground, and the whole time they don't, they are at risk of taking repeated damage or being knocked out from strikes.

If a Muay Thai or striking based fighter can make the necessary changes, they can still carry a lot of their strengths into an MMA fight. But they must be selective with the tools and transitions they use in order to be effective. Some fighters will be tempted to give up on their striking as a base and try to focus purely on Jiu Jitsu or Wrestling. However, I don't think this is necessary, and can be harmful if the fighter in question has built their successes and career so far off the back of their stand up. Train in the other ranges but focus on adapting that which you are good at rather than thinking it will no longer work.



You will see in the training drills that follow how I use one particular style of attack for pure Muay Thai and how I then adapt it for use in MMA.

TECHNIQUE 1

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head. Do this without stepping into a wider stance.

3. Immediately put your weight back and lift your lead leg up to chamber your front knee high in front of you. As you do this, slide forward towards your opponent slightly. You are looking to utilise this movement to feint an attack and draw a reaction from them.

4. Recover your stance by landing your lead leg back in front of you. As you do this you should be looking to see whether your partner has bought the feint in some way.

5. Drawing the reaction you want, you must straight away take a fast, small step forward and to your left with your lead foot to come off the centre line. Whilst making this angle, turn your back foot over to bring your right hip and shoulder forward. As you do this, extend your right arm in order to utilise a long style guard and cover.

one of the key tasks in landing any heavy shot or combination is to make your opponent open up in the way you want them to. Using your initial strikes and feints to draw pre-anticipated movements or reactions is one way you can look to achieve this on a consistent basis.

TECHNIQUE 1 CONTINUED

6. Use this movement to throw a hard right low kick to your opponent's lead leg.

7. Recover your stance by landing your right leg back behind you.

8. Immediately push off the back foot, pivot and throw a right cross to your opponent's head.

9. Follow this by quickly switching your feet. To do this you will end up taking your lead leg back as your rear leg comes forward. Whilst doing this you must rotate your body slightly and bring your right shoulder back

10. Use the momentum of the switch to fire a hard left body kick to your opponent's mid-section. As you do this, extend your left arm in order to utilise a long style guard and cover.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Switch your feet. You do this by taking your lead leg back whilst moving your rear leg forward. At the same time, pivot your left foot, rotate your right shoulder back and throw a hard left straight to your opponent's head.

3. Whether they counter with the right cross or not, immediately step your left leg forward and to your left to come completely off the centre line. As you do this ensure you bring your left hand back to your head and extend your right arm to the side of your opponent's head, shoulder or arm in order to utilise a long style guard.

4. Use this movement to throw a hard right low kick to your opponent's lead leg.

The right arm that is extended as a long guard can be used to both keep yourself protected from any strike and push their weight more over the leg you are attacking.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Knowing that your opponent is likely to fire a jab in return, you anticipate this and switch your feet as they initiate their attack. You do this by taking your lead leg back whilst moving your rear leg forward.

4. At the same time use your right hand to parry their jab across your body and down. Think of this as a parry into scoop kind of movement.

5. Use the momentum of the switch to fire a hard left body kick to your opponent's mid-section. As you do this, extend your left arm in order to utilise a long style guard whilst continuing the scooping action with your right.

6. Recover your stance by landing your lead leg back in front of you.

7. Immediately take a fast, small step forward and to your left with your lead foot to come off the centre line. Whilst making this angle, turn your back foot over to bring your right hip and shoulder forward. As you do this, extend your right arm in order to utilise a long style guard. Use this movement to throw a hard right low kick to your opponent's lead leg.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Straight away lift your rear leg up to chamber your right knee and throw a hard back leg push kick to your opponent's mid-section.

5. Recover your stance by landing your right leg back behind you.

6. Immediately throw another right straight punch by pivoting your back foot and turning your hip over.

7. As you are retracting the right punch, push off your lead foot and take a step forward to your right with your back leg. Do this whether they counter with the jab or not. Ideally you want to place your foot on the outside of your opponent's lead leg.

8. Use this movement to extend your left arm in order to utilise a long style guard whilst throwing a hard left low kick to the inside of your opponent's lead leg.

9. Recover your stance by landing your lead leg back in front of you. Make sure you don't step back. Use the momentum of your weight driving forward to pivot your back foot and drive a hard right straight punch into your opponent's head. Whilst doing this you can use your long guard left arm to push their lead guard or punching arm down and out of the way if necessary.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Your opponent looks to counter by throwing a rear leg body kick to your mid section.

5. Immediately take a step to your left to take the power out of his kick. At the same time loop around his leg as close to the ankle as you can manage with your right arm. Secure this underarm grip tight to take control of his leg.

From the moment you catch the kick through to executing the flying knee, you need to retain control of your opponent's leg. Although the movements in this sequence need to be done fast, they will not work very well if you do not keep this in mind.

6. Straight away take a step back with your left leg into a southpaw stance style position. Whilst doing this push your right arm across as you open the catch and let your opponent's leg drop onto your right forearm or palm of the glove.

7. Secure the leg once more by placing the palm of your left glove on to the instep of their foot. This will give you good control with both hands. As you do this, take a small step back with your rear leg and drop your weight down.

8. From this lowered position, pull their foot towards the outside of your lead leg. Let go of it whilst jumping off both legs and executing a flying knee to your opponent's head or mid-section.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Immediately step forward deep with your right leg. Aim to get just to the outside of their lead foot. As you do this you need to be level changing and looking to secure the single leg with your left arm.

5. Straight away switch from the single to the double by replacing your left arm with your right onto the back of their lead leg. Move your left to the outside of your opponent's body. Whilst doing this raise their lead leg off the floor, turn the corner with your right foot and raise your head high into their armpit.

6. Drive your head to your left through their body as you start to run them towards the left corner. At the same time you need to drop your left arm down to the outside of their rear leg and lift their left leg high off the floor.

Use your left arm to then pin their lead arm to their body as you look to use your elevated posture to throw some hard punches to your opponent's now exposed head.

7. Complete the takedown by taking them completely off their feet. At this point you want to remain stood up so be careful you don't lose your balance or get pulled down to the floor.

Immediately look to load their right leg onto your hip and post out with your left arm onto their lead shoulder. This will make it harder for them to scramble back up.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. Switch your feet. You do this by taking your lead leg back whilst moving your rear leg forward.

3. At the same time, pivot your left foot, rotate your right shoulder back and throw a hard left straight to your opponent's head.

4. Immediately step your left leg forward and slightly to your left to end up back in an orthodox stance whilst closing down the distance.

5. As soon as you land forward throw a rear cross elbow to your opponent's head. The keys to this being an effective strike are the step, the pivot of the back foot and the rotation of the body.

6. Follow this straight away by stepping forward deep with your right leg. Aim to get just to the inside of their lead foot. As you do this you need to be level changing and looking to secure the head on the inside double leg position with both arms.

7. Drive your head to your right through their body as you start to run them towards the right corner. At the same time you need to pull their legs towards your left.

8. Complete the takedown by taking them completely off their feet. At this point you want to remain stood up so be careful you don't lose your balance or get pulled down to the floor.

9. Immediately take a step over their leg with your left foot. You want to end up standing over your opponent in a wide, deep stance. Use your left arm to push their right shoulder down towards the floor.

10. From this elevated posture, drop your weight and throw a hard right cross elbow to your opponent's now exposed head. You use this strike to go straight into a full mount position from here.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Whether they land or they move back to defend, the space is then created for the next attack.

4. Lift your lead leg up to chamber your front knee high in front of you.

5. Seeing that they are looking to grab the leg you must not attack with the kick.

6. Instead, stamp your lead foot back down forward. This will close the gap between you. As you do this you should immediately look to tie your opponent up by securing the Thai style clinch.

7. Once you have this control, take a step back with your rear leg and push your hips away from your opponent to create space.

8. Use this momentum to break his posture and pull his body towards you. At the same time start to drive your right leg off the floor.

TECHNIQUE 8 CONTINUED

9. Finish the movement by hitting your opponent in the mid-section with a hard right knee.

10. From their lowered position, start to take your right arm up so you are able to slide your elbow over their head.

11. As you land your leg down forward you are aiming to push their body down and change the tie up to your right arm being over their head and shoulders. Make sure their right shoulder is on your chest. You want to be in front of their arms, not behind them.

12. From this position, keep their posture broken and shoot both of your hands under your opponent's arms to get double under hooks.

13. Once you have these, grip one hand onto your other wrist together behind your opponent's back and raise their arms high over their head.

14. At the same time, step your right leg back and start to rotate their body anti-clockwise. Keep the clinch tie up secured throughout.

15. Immediately drive your right knee high into your opponent's now exposed head. You are rotating both their body and your knee in this attack.

The strike does not come straight, more in an arcing direction similar to a round knee.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Take a step forward to your right with your back leg, extend your left arm in order to utilise a long style guard and throw a left low kick to the inside of your opponent's lead leg.

4. Recover your stance by landing your lead leg back in front of you and stepping back to create space. Straight away throw another lead jab to your opponent's head.

5. Take a step forward to your right with your back leg, extend your left arm in order to utilise a long style guard and feint the same left low kick. Instead of hitting with the kick though, simply flick your foot out fast and go around your opponent's leg without making contact before landing it deep to the outside of their lead foot.

6. You are using this feint to draw your opponent into level changing for a takedown or leg grab.

7. Match their level change. Use the continued momentum from your step to pivot both feet, rotate your body and hit them in the head with a spinning reverse elbow. The strike will drive up under their chin.

PRO TIP!

You create feints like this to set up an opponent when you have read a pattern emerging in the early stages of the fight. In this instance I am looking to counter someone who is constantly looking to initiate wrestling or a grab when I go to kick. If they take the bait I use the elbow, if not I use the back kick.

If they don't level change immediately to counter as shown in step 5, use the step to continue with the attack. Pivot both feet, rotate your body and hit them in the mid-section with a turning back kick. You are aiming to hit with the heel.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Straight away lift your rear leg up to chamber your right knee high to feint the rear teep towards your opponent's mid-section.

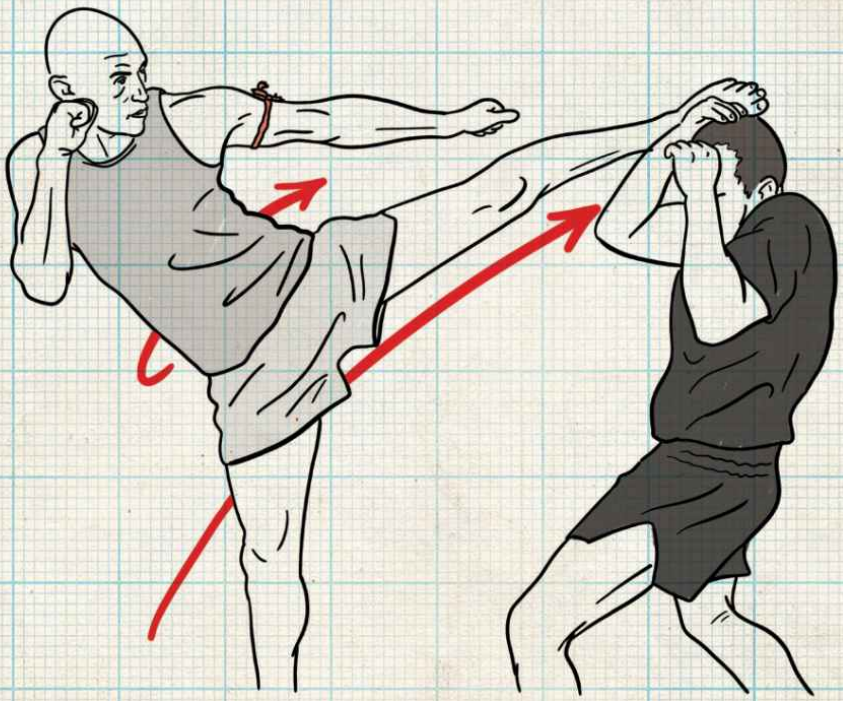
As with all feints, this particular one will only work effectively if you see the pattern emerging of them looking to catch your teep. You should use your initial strikes to gauge their reactions. once their habits become clear and you can create openings, hard hitting counters such as the scissor knee become very viable.

5. Drawing the reaction you want, they drop their hands to try and catch your kick.

6. Before they are able to secure this grab, scissor your feet by jumping forward off your left foot as you push your right leg back down towards the floor.

7. Finish the scissor left knee by driving it through your opponent's head.

For further coaching with Phil scan the QR code:



BARRY ROBINSON

Barry Robinson began his journey in Boxing as an 11-year-old in New York city over 2 decades ago. By his own account, he hated it at first. Basketball at that point was his primary passion. In 2001 though, following watching the very one-sided Mayweather Vs Coralles fight with his father, he was inspired to get back into training. Finding himself at the world famous Gleasons gym in NYC, he got back onto the amateur fight scene. After several national level golden glove tournament fights, he wanted to mix his training up and moved to a different gym.

Unfortunately though, after a while his new coach one day stopped turning up. Barry thus ended up stepping into his shoes and began leading all the training sessions himself from that point on.

This transition to full time coach led Barry from coaching primarily fitness-based Boxing sessions around New York, to moving overseas to concentrate entirely on working with athletes and fighters.

From here, he used his previous experience serving in the armed forces to start to systemise his whole approach to coaching Boxing. Taking his 'A million styles boxing' system to different countries, he began to train not only elite level boxers but also world champion Kickboxers, Muay Thai and MMA fighters.

He has worked with an unparalleled amount of world class combat sports athletes including the likes of Fedor Emelianenko, Gökhan Saki, Andy Souwer, Dan Hooker, Lawrence Okolie and Sittichai Sitsongpeenong to name but a few.

Accolades:

- A million Styles Boxing Founder
- Coached hundreds of World Champions from across all combat sports
- Globally sought-after striking coach

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Dominating the 50/50 in Elite Boxing and Combat Sports

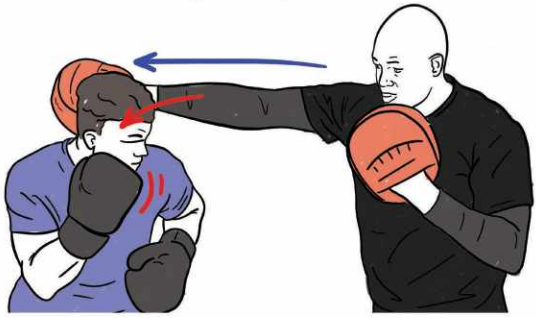
I put this chapter together because I wanted to get across to you the importance of defensive responsibility and positioning.

What do I mean by that? Well, if you are going to train smart for your combat sport, you are going to need to get the appropriate fundamentals in place. How do you achieve this? Through the repetition of drills that have been put together showcasing scenarios you are likely to face, enabling you thus to get the reps in on footwork, defence, stance changes and much, much more.

Changing up your defence from catching punches, through to slipping, rolling and footwork will add layers to your game, and at the same time, massively develop your own agility. The offence will come for most athletes given time in training with good coaches. However, the ability to move and defend in the manner I talk about here, is not something that most individuals develop. Not because they can't. Simply because they don't drill enough and get the appropriate amount of repetitions in. 40 rounds a day is what I want from the fighters I work with.

Defence before offence is fundamentally at the heart of everything and it is simply about taking away your opponent's weapons. If you can do that and put yourself in a good position, then you are massively increasing your ability to control any fight.

In the drills that follow, I want you to imagine you are constantly looking to dominate the 50/50. The 50/50 is where you and your opponent are in an equal position of power and base i.e., you can hit them, and they can hit you. These sequences will teach you about some of the different ways in which you can achieve this.



TECHNIQUE I

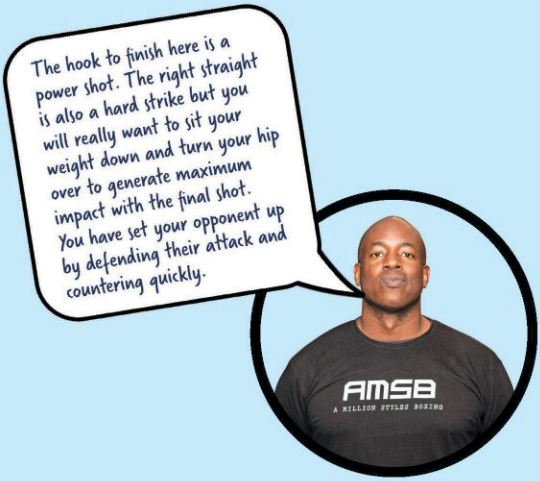
1. Start facing your pad holder in orthodox stance.

2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by catching their punch with the palm of your rear hand. Be very physical in your defence. You should aim to hear the sound of your defence impacting on their attack.

3. They then follow this by throwing a right straight punch at you. With both, they use the flat of the pad to strike. To defend, rotate your lead arm slightly towards your right and block with your forearm/back of your glove. Keep your weight down and your stance solid to ensure your defence is solid. The pad holder's call prior to striking is "Catch the 1-2".

4. Follow their strike straight back with a right straight punch counter by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. There should be no delay in firing this punch back after the defence.

5. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. The sequence here is "2-3"


The hook to finish here is a power shot. The right straight is also a hard strike but you will really want to sit your weight down and turn your hip over to generate maximum impact with the final shot. You have set your opponent up by defending their attack and countering quickly.
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TECHNIQUE 2

1. Start facing your pad holder in orthodox stance.

2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by catching their punch with the palm of your rear hand. Be very physical in your defence. You should aim to hear the sound of your defence impacting on their attack.

3. They then follow this by throwing a right straight punch at you. With both, they use the flat of the pad to strike. To defend, rotate your lead arm slightly towards your right and block with your forearm/back of your glove. Keep your weight down and your stance solid to ensure your defence is solid. The pad holder's call prior to striking is "Catch the 1-2".

4. Follow their strike straight back with a right uppercut counter by pivoting your back foot and turning your hip over. You want to whip this punch and make sure there is no delay in firing this shot back after the defence.

5. Transition to a lower position by sitting your weight down even further. Use your legs to then generate power by rotating your torso to your right and pivoting hard into a left hook to the body. Your pad holder simulates this target with framed pads at body height

6. Immediately pivot your back foot and post your right arm onto your pad holder's right shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The pad holder should pivot their back foot and bring their right shoulder towards you in this instance. Throwing body shots is risky and can leave you open to counter punches. The post here is to minimise the risk of this. You must be physical with this movement in order to train for it to be effective.

7. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. This whole combination is based on power. Each shot should be thrown looking to finish. The sequence here is "5-4-Post right-3"

TECHNIQUE 3

1. Start facing your pad holder in orthodox stance

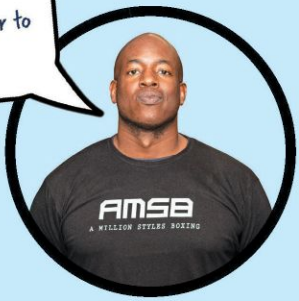
2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by catching their punch with the palm of your rear hand. Be very physical in your defence. You should aim to hear the sound of your defence impacting on their attack.

3. They then follow this by throwing a right straight punch at you. To defend, rotate your lead arm slightly towards your right and block with your forearm/back of your glove. Keep your weight down and your stance solid to ensure your defence is solid.

4. Straight away they throw the left hook at you. Pivot your back foot and bring your right shoulder forward. This will allow you to block the strike with the outside of your right arm/glove. This defence might change slightly for different striking sports ie smaller gloves in MMA etc.

5. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. Position is key here. You must use your defensive movements to create the opportunity to counter back with both power and speed.

Most gyms coach their fighters to throw 1-2 or 1-2-3 so this drill gives you plenty of repetitions to work on defending the dynamic of left/right or right/left. The pad holder's call prior to striking is "Catch the 3".



TECHNIQUE 3 CONTINUED

6. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot.

7. Use your legs to then generate power once more by rotating your body to your right and pivoting hard into another left hook to your pad holder's lead pad at head height.

8. Immediately pivot your back foot and post your right arm onto your pad holder's right shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The pad holder should pivot their back foot and bring their right shoulder towards you in this instance.

The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

9. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

10. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. The first left hook and right straight are delivered with speed to set up the second left hook as the power shot. The last left hook and right straight should be thrown looking to finish. The sequence here is "3-2-3-Post right-3-2".

TECHNIQUE 4

1. Start facing your pad holder in orthodox stance.

2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by catching their punch with the palm of your rear hand. Be very physical in your defence. You should aim to hear the sound of your defence impacting on their attack.

3. They then follow this by throwing a right straight punch at you. To defend, rotate your lead arm slightly towards your right and block with your forearm/back of your glove. Keep your weight down and your stance solid to ensure your defence is solid.

4. Straight away they throw the left hook at you. Pivot your back foot and bring your right shoulder forward.

5. Immediately sit your weight down into the roll to ensure the punch does not hit.

6. Once under the punch, start to rotate your right shoulder to the back.

7. Using your legs, raise back up into your stance onto the outside of your pad holder's missed punch. The roll should be one fast continuous movement. The pad holder's call prior to striking is "Catch the 1-2-Roll".

To perform an effective 'roll', be sure to practice these steps thoroughly. Master pivoting, level changing and rotating slowly before increasing the speed to gain more proficiency.

TECHNIQUE 4 CONTINUED

8. Post your left arm onto your pad holder's left shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves, shoulder or head of your opponent. The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

9. Follow their strike straight back with a right uppercut counter by pivoting your back foot and turning your hip over. You want to whip this punch and make sure there is no delay in firing this shot back after the defence. The uppercut is one of the most dangerous punches to throw in Boxing because of the increased risk of being countered when using it. The left arm post gives you some 'insurance' to greatly reduce the chance of this happening.

10. Immediately pivot your back foot and post your right arm onto your pad holder's right shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The pad holder should pivot their back foot and bring their right shoulder towards you in this instance. The post here is to minimise the risk of being countered after throwing the uppercut, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

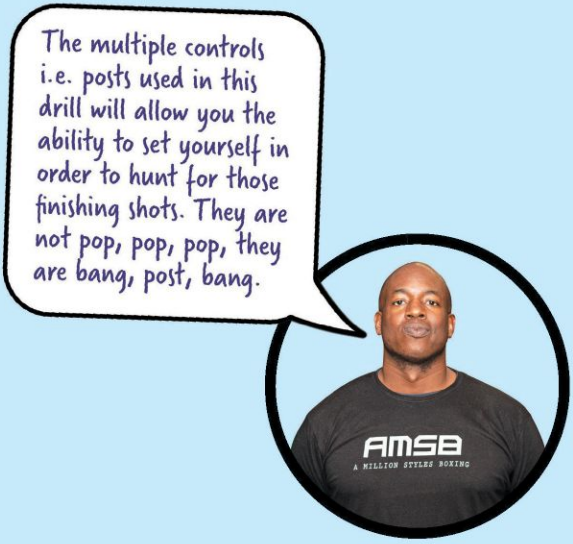
11. Use your legs to then generate power once more by rotating your body to your right and pivoting hard into another left hook to your pad holder's lead pad at head height. The right arm post will give you the ability to use this as a power shot as you look to hurt your opponent.

TECHNIQUE 4 CONTINUED

12. Post your left arm onto your pad holder's left shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

13. Follow this with a right straight punch counter by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. There should be no delay in firing this punch back after the defence.

14. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. The uppercut should be used as a fast whipping punch, whilst all over strikes should be thrown looking to finish. The sequence here is "Post left-5-Post right-3-Post left-2-3".


The multiple controls i.e. posts used in this drill will allow you the ability to set yourself in order to hunt for those finishing shots. They are not pop, pop, pop, they are bang, post, bang.
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TECHNIQUE 5

1. Start facing your pad holder in orthodox stance.

2. Throw a right straight punch by pivoting your back foot and turning your hip over.

3. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by moving your rear foot backwards and sitting your weight slightly back. Don't move the front foot, let the back leg movement take you away from the punch.

4. Immediately recover your stance by bringing your back leg back into the position it left. At the same time, throw a right straight punch counter by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. There should be no delay in firing this punch back after the defence. The cadence is fast. Hit, pull, hit as quickly as possible.

TECHNIQUE 5 CONTINUED

5. Straight away they throw a counter left hook at you. Your back foot should be pivoted from the previous punch with your right shoulder already forward. Start to sit your weight down. Getting back to a fighting stance after executing a power right hand can be difficult so rolling from the shot, whether the counter hook is thrown or not, adds a more defensive level of disengagement than simply coming back to guard in a straight line. Anticipation of possible counters such as this will allow you to layer your defence and attack more strategically.

6. Drop your stance down further into the roll to ensure the punch does not hit.

7. Once under the punch, start to rotate your right shoulder to the back. The pad holder's call prior to striking is "2-Pull-2-Roll".

8. Using your legs, raise back up into your stance onto the outside of your pad holder's missed punch. The roll should be one fast continuous movement. As you come up, ensure you are in a crouched position. Your pad holder will initiate the start of a shoeshine drill by giving you their right pad at body height facing down. It is important they also sit their weight down to match yours when they do this. Immediately throw a fast right uppercut by pivoting your back foot and turning your hip over. You will use more of your shoulders at this point once you have gained the correct base.

TECHNIQUE 5 CONTINUED

9. Follow this with a fast left uppercut by rotating your body and rolling your left shoulder into the punch.

10. Repeat the same movement on the opposite to throw another fast right uppercut. The rhythm should be pop, pop, pop performed as quickly as possible.

11. From the last punch, in one movement, take a small step out to your left with your lead leg, whilst pivoting your rear foot behind you in a 90 degree angle. At the same time throw the left hook high to your pad holder's lead pad. This check hook will allow you to disengage from the shoeshine drill and break the angle on your opponent. Your pad holder will need to step forward slightly towards you to help feed you the pad for this shift out. They need to give you a reason to move and adjust.

12. Immediately throw a lead jab to your pad holder's lead pad. The prior check hook should be done in one clean movement so that you are ready to hit with this punch straight away.

TECHNIQUE 5 CONTINUED

13. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot.

14. Post your left arm onto your pad holder's left shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

15. Follow this with a right straight punch counter by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. There should be no delay in firing this punch back after the defence.

16. Use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. The first 2 right straights and shoeshine uppercuts are all thrown with the emphasis on speed. The check hook and following strikes are all delivered with power, with the last two looking for the finish. The sequence here is "Shoeshine 3-Check hook-1-2-Post left-2-3".

TECHNIQUE 6

1. Start facing your pad holder in orthodox stance.

2. Your pad holder simulates an attack by throwing their right body hook at you. Immediately defend by keeping your guard tucked tight, bending your legs and tipping slightly towards your left side. Don't drop your arms down to block, sit down and let your legs do all the work.

3. Use your legs to then generate power by rotating your body slightly to your right as you drive up into a left uppercut. Position is key here. You must use your defensive movements to create the opportunity to counter back with both power and speed.

4. Immediately pivot your back foot, rotate your body to your left and sit your weight down over your left hip.

5. Use your legs to then generate power once more by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

6. Your pad holder then simulates another attack by throwing their left body hook at you. Immediately defend by keeping your guard tucked tight, bending your legs and tipping slightly towards your right side. Don't drop your arms down to block, sit down and let your legs do all the work.

7. Use your legs to then generate power by rotating your body slightly to your left as you drive up into a right uppercut. Position is key here. You must use your defensive movements to create the opportunity to counter back with both power and speed.

TECHNIQUE 6 CONTINUED

8. Follow this by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. The pad holder's call prior to striking is "Catch the Body 1-Catch the Body 2".

9. Once your punch has hit the pad, your pad holder will then take a step towards you with their left shoulder out in front. Immediately drop your left arm from the hook onto their shoulder as you grip around the back of their tricep/elbow with the palm of your right glove. This control will minimise the risk of being countered, whilst giving you an element of control over your opponent as they seek to attack. You must be physical with this movement in order to train for it to be effective.

10. Wipe them across to your left as you pivot your back foot out towards your right. Your pad holder will need to move towards you to give you a reason to move and adjust.

11. As your pad holder goes past you to your left, ensure you turn to face them in your stance in the new angle you have now created.

TECHNIQUE 6 CONTINUED

12. Immediately sit your weight down, pivot your back foot and dip your left shoulder towards the floor. As you do this, rotate your body to your left and throw a right overhand punch. Think of it like a right hook but your elbow must be higher than your fist as you launch the strike. Drive through the target with your hip.

13. Stay low with your weight and base after the overhand punch. Use your legs to then generate power by rotating your torso to your right and pivoting hard into a left hook to the body. Your pad holder simulates this target with framed pads at body height.

14. Immediately pivot your back foot, rotate your body to your left and sit your weight down over your left hip.

15. Use your legs to then generate power once more by rotating your body to your right and pivoting hard into another left hook to your pad holder's lead pad at head height. These last three punches need to be done in a fast rhythm, there should not be a pause between any shot. This whole combination is based on power. Each shot should be thrown looking to finish. The sequence here is "Control-Pivot out-Overhand-4-3"

TECHNIQUE 7

1. Start facing your pad holder in orthodox stance.

2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by slipping to the outside of the punch. Bend your legs and rotate your body slightly to your right in order to take your head off the centre line with this defence.

3. They then follow this by throwing a right straight punch at you. Defend by slipping to the outside of the punch. Bend your legs and take a small step to your left with your lead foot. As you do this, pivot your back foot and rotate your body slightly to your left in order to take your head off the centre line with this defence.

4. Use the little step you did in the last slip to help pivot off your front foot and bring your back foot in a 90 degree motion behind you.

5. As your pad holder mirrors your movement and pivots towards you, ensure you are facing them in your stance in the new angle you have now created.

6. Your pad holder simulates another attack by throwing their lead jab at you once more. Immediately defend by moving your rear foot backwards and sitting your weight slightly back. Don't move the front foot, let the back leg movement take you away from the punch. This slick series of defensive movement is done to draw your opponent into over committing their shots, thus setting them up for your own counter attacks.

TECHNIQUE 7 CONTINUED

7. Straight away recover your stance by bringing your back leg back into the position it left. At the same time, throw a right straight punch counter by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. There should be no delay in firing this punch back after the defence. The cadence is fast. Pull, hit as quickly as possible. The pad holder's call prior to striking is "Slip-Slip-Pivot-Pull-2".

8. Post your left arm onto your pad holder's left shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. It gives you some insurance following your previous power right hand.

9. Once you post, your pad holder will then take a step towards you with their left shoulder out in front. Feeling this pressure, you don't want to stay there so immediately turn your left hand to the outside of their left shoulder. At the same time grip around the back of their tricep/elbow with the palm of your right glove. This control will minimise the risk of being countered, whilst giving you an element of control over your opponent as they seek to come forward. You must be physical with this sequence in order to train for it to be effective.

In the fight your opponent's guard would no doubt be up. The controls remain the same. opposite arm goes on the shoulder or outside of the glove or arm. Same side arm goes on the back of the tricep/elbow. open your gloves and use the palms to gain more purchase on their body.

10. Wipe them across to your left as you pivot your back foot out towards your right. Your pad holder will need to move towards you to give you a reason to move and adjust.

11. As your pad holder goes past you to your left, sit your weight down, pivot your back foot and rotate your body to your left. It is important you transition to put yourself in this position straight from the wipe and pivot.

TECHNIQUE 7 CONTINUED

12. Use your legs to then generate power by rotating your torso to your right and pivoting hard into a left hook to the body. Your pad holder simulates this target with framed pads at body height.

13. Immediately pivot your back foot and post your right arm onto your pad holder's right shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The pad holder should pivot their back foot and bring their right shoulder towards you in this instance. The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

14. Once you post, your pad holder will then take a step towards you with their right shoulder out in front. Feeling this pressure, you don't want to stay there so immediately turn your right hand to the outside of their right shoulder. At the same time grip around the back of their tricep/elbow with the palm of your left glove. This control will minimise the risk of being countered, whilst giving you an element of control over your opponent as they seek to come forward. You must be physical with this sequence in order to train for it to be effective.

15. Take a small step to your left with your lead leg. Wipe them across to your right as you pivot your back foot out towards your left. Your pad holder will need to move towards you to give you a reason to move and adjust.

TECHNIQUE 7 CONTINUED

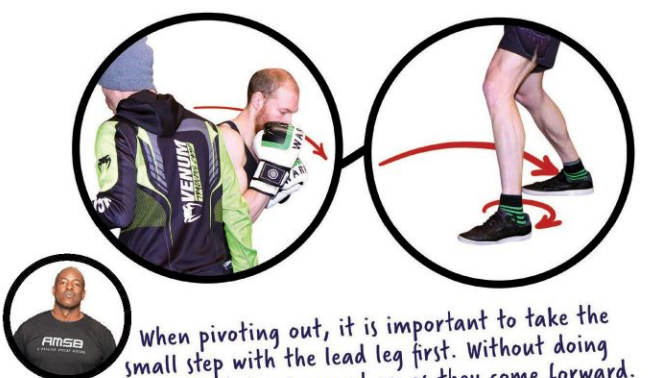
16. As your pad holder mirrors your movement and pivots towards you, ensure you are facing them in your stance in the new angle you have now created.

17. Immediately throw a right uppercut by pivoting your back foot and turning your hip over.

18. Follow this by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

19. Your pad holder will now step towards you to mimic pressure from an opponent. As they do this, take another little step out to your left with your lead leg. Pivot your back foot and rotate your body to your left at the same time.

20. Use the little step you did in the movement to help pivot off your front foot and bring your back foot in a 90 degree motion behind you.



When pivoting out, it is important to take the small step with the lead leg first. Without doing so, you risk being jammed up as they come forward. It is also vital that you do it in one flowing movement and end up back in a solid base position.

TECHNIQUE 7 CONTINUED

21. As your pad holder mirrors your movement and pivots towards you, ensure you are facing them in your stance in the new angle you have now created.

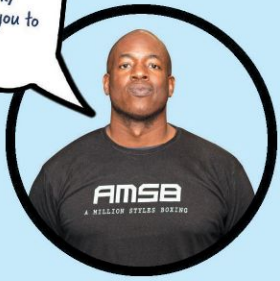
22. Throw a right straight by pivoting your back foot and turning your hip over.

23. Transition to a lower position by sitting your weight down even further. Use your legs to then generate power by rotating your torso to your right and pivoting hard into a left hook to the body. Your pad holder simulates this target with framed pads at body height.

24. Immediately throw another right straight by pivoting your back foot and turning your hip over once more.

25. Use your legs to then generate power once more by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height. The keys to this sequence are about positioning and tempo. You need to have great agility with the defence and footwork, whilst retaining the balance and base necessary to let your shots go. The sequence here is "Post left-Control-Pivot in-4-Post right-Control-Pivot out-5-3-Pivot out-2-4-2-3"

This sequence is made up of different components. Practice each individually for repetitions or timed rounds. Then repeat the process by layering sections together for even more rounds before finishing with the whole drill being done as one complete flow. No matter what you are training, aim to get 40 rounds in the bank every time you are at the gym or with your coach. Think of the punches as accessories. The details on the controls, footwork, defence and position should enable you to alternate your strikes once you are comfortable in each situation.



TECHNIQUE 8

1. Start facing your pad holder in orthodox stance.

2. Throw a lead jab to your pad holder's lead pad.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. This 1-2 should be thrown almost relaxed.

4. Your pad holder will now step towards you to mimic pressure from an opponent. As they do this, take another little step out to your left with your lead leg. Pivot your back foot and rotate your body to your left at the same time.

5. Use the little step you did in the movement to help pivot off your front foot and bring your back foot in a 90 degree motion behind you. You need to create space with this movement. You are using it as a disengagement and to lull your opponent into feeling comfortable that they are not in danger.

6. As your pad holder mirrors your movement and pivots towards you, ensure you are facing them in your stance in the new angle you have now created.

7. Throw another lead jab to your pad holder's lead pad.

8. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. This 1-2 should be thrown fast and with greater intensity to catch your opponent by surprise.

TECHNIQUE 8 CONTINUED

9. As you recover your guard, your pad holder will give you the call "Neutral Stance".

10. They will then move in front of you as they step towards your back foot. As they do this, don't move or pivot, simply track them by turning your feet and body.

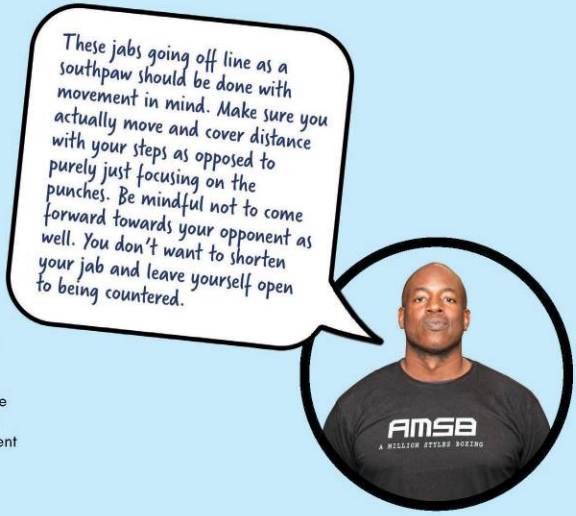
11. As they get to the outside of your rear leg, continue turning to face them. This transition will now have moved you into a southpaw stance without actually stepping anywhere. Your pad holder has simulated your opponent trying to escape in front of you and you have followed them with your body from one stance to another. They should end up mirroring you in a southpaw position.

12. Immediately throw a left straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot.

13. Use your legs to then generate power once more by rotating your body to your left and pivoting hard into a right hook to your pad holder's lead pad at head height.

14. Take a step out to your right with your lead leg. As you do this, throw a lead jab to your pad holder's rear pad.

15. Take another step out to your right with your lead leg. As you do this, throw another lead jab to your pad holder's rear pad. As a southpaw you don't want to end up in a 50/50 position so you are using these jabs to come off the centre line. The tempo change is important between the first and second 1-2 combinations. Use the neutral stance call to learn how to chase an escaping opponent without changing stance to follow. Hit the 2-3 Hard but then disengage with the two jabs to your right. The sequence here is "1-2-Pivot out-1-2-Neutral Stance-2-3-Two Jabs to your right"


These jabs going off line as a southpaw should be done with movement in mind. Make sure you actually move and cover distance with your steps as opposed to purely just focusing on the punches. Be mindful not to come forward towards your opponent as well. You don't want to shorten your jab and leave yourself open to being countered.
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TECHNIQUE 9

1. Start facing your pad holder in southpaw stance as they stand in an orthodox position.

2. Take a step out to your right with your lead leg. As you do this, throw a lead jab to your pad holder's lead pad.

3. Take a second step out to your right with your lead leg. As you do this, throw another lead jab to your pad holder's lead pad.

4. Take a third step out to your right with your lead leg. As you do this, throw another lead jab to your pad holder's lead pad. These three jabs are about movement. Imagine you are trying to cover half a ring with these punches. Go somewhere!

5. Follow this with a right straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. The tempo with these four punches should be pop, pop, pop/pop. There should be no separation or extra movement between the last jab and the right straight.

6. As you retract your punch back to your guard, take a step out and to the back with your rear leg to disengage. This must be a large Da Da Da movement and one that creates space by shifting you away from your pad holder. Throughout the next two steps you should be outside of fighting range.

7. Follow your right leg by bringing your lead leg back and inline with your rear foot. Don't bring your feet together at this point.

8. Push off your right leg to move your left foot further away to the side towards your left.

TECHNIQUE 9 CONTINUED

9. As your right foot lands, immediately take your right leg back forward into your southpaw stance. This final movement should bring you back into fighting range.

10. Your pad holder simulates coming to you for an attack by throwing their lead jab at you. Immediately defend by slipping to the outside of the punch. Bend your legs, sit your weight down and rotate your body to your right in order to take your head off the centre line with this defence. You have to get low with your position here.

11. Use your legs to then generate power by rotating your torso to your right and pivoting hard into a left hook to the body. Your pad holder simulates this target with a single pad at body height.

12. Follow this with a left straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot.

13. Immediately pivot your back foot and post your left arm onto your pad holder's left shoulder. Use the palm of your glove and not your knuckles. In a fight this post typically would be on the gloves or head of your opponent. The pad holder should bring their left shoulder towards you in this instance. The post here is to minimise the risk of being countered, whilst giving you an element of control over your opponent and allowing you to get back to a stronger base. You must be physical with this movement in order to train for it to be effective.

14. Use your legs to then generate power once more by rotating your body to your right and pivoting hard into a left hook to your pad holder's lead pad at head height.

15. Take a step out to your right with your lead leg. As you do this, throw a lead jab to your pad holder's lead pad.

16. Take a second step out to your right with your lead leg. As you do this, throw another lead jab to your pad holder's lead pad. Controlling the space and centre line as a southpaw is vital. The jabs to your right are there to ensure you stay mobile. The Da Da Da is a disengagement footwork. The other punches are all thrown for power here. Look to finish with the last right hook off the post. The sequence here is "Three jabs to your right-2-Da Da Da to your left-Slip the Jab-4-2-Post left-3-Two Jabs to your right".

TECHNIQUE 10

1. Start facing your pad holder in southpaw stance

2. Your pad holder simulates an attack by throwing their lead jab at you. Immediately defend by catching their punch with the palm of your rear hand. Be very physical in your defence. You should aim to hear the sound of your defence impacting on their attack.

3. They then follow this by throwing a right straight punch at you. Defend by slipping to the outside of the punch. Bend your legs and rotate your body slightly to your left in order to take your head off the centre line with this defence.

4. From this lowered position, use your legs to then generate power by rotating your torso to your right and pivoting hard into a left hook to the body. Your pad holder simulates this target with a single pad at body height.

5. Keep your weight sat down and transition to the opposite side by further pivoting your back foot and rotating your body to your right. The pad holder's call prior to striking is "Catch the 1-Slip the 2".

6. From this lowered position, use your legs to then generate power by rotating your torso to your left and pivoting hard into a right hook to the body. Your pad holder simulates this target with framed pads at body height. These two punches to the body should be thrown as power shots.

TECHNIQUE 10 CONTINUED

7. Follow this with a left straight punch by pivoting your back foot and turning your hip over. Avoid stepping out of habit. Only do so if you need to cover distance. Otherwise just rotate more into the shot. You are making it hard on an opponent to defend by attacking all these points on their body.

8. Your pad holder will now step towards you to mimic pressure from an opponent. As they do this, take another little step out to your right with your lead leg. Put your lead hand on the outside of their lead arm/shoulder at the same time. Be very physical with this. Think of it almost like a strike.

9. Use the little step you did in the movement to help pivot off your front foot and bring your back foot in a 90 degree motion behind you. Use your arm to both control your opponent, and give you insurance that they cannot hit you as you move out.

10. As your pad holder mirrors your movement and pivots towards you, ensure you are facing them in your stance in the new angle you have now created.

11. Take a step out to your right with your lead leg. As you do this, throw a lead jab to your pad holder's lead pad.

12. Take a second step out to your right with your lead leg. As you do this, throw another lead jab to your pad holder's lead pad.

TECHNIQUE 10 CONTINUED

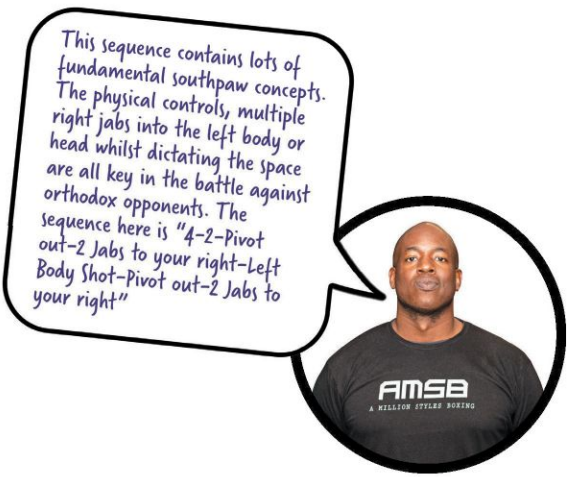
13. Immediately sit your weight down. Use your legs to then generate power by rotating your torso to your right, pivoting hard into a left uppercut or left hook to the body. Your pad holder simulates this target with framed pads at body height.

14. Your pad holder will now step towards you again to mimic continued pressure from an opponent. As they do this, take another little step out to your right with your lead leg. Put your lead hand on the outside of their lead arm/shoulder at the same time. Be very physical with this. This will also help you stay protected following the dangers raised for yourself with the previous uppercut.

15. Use the little step you did in the movement to help pivot off your front foot and bring your back foot in a 90 degree motion behind you. Use your arm to both control your opponent, and give you insurance that they cannot hit you as you move out.

16. Take a step out to your right with your lead leg. As you do this, throw a lead jab to your pad holder's lead pad.

17. Take a second step out to your right with your lead leg. As you do this, throw another lead jab to your pad holder's lead pad.


This sequence contains lots of fundamental southpaw concepts. The physical controls, multiple right jabs into the left body or head whilst dictating the space are all key in the battle against orthodox opponents. The sequence here is "4-2-Pivot out-2 Jabs to your right-Left Body Shot-Pivot out-2 Jabs to your right"
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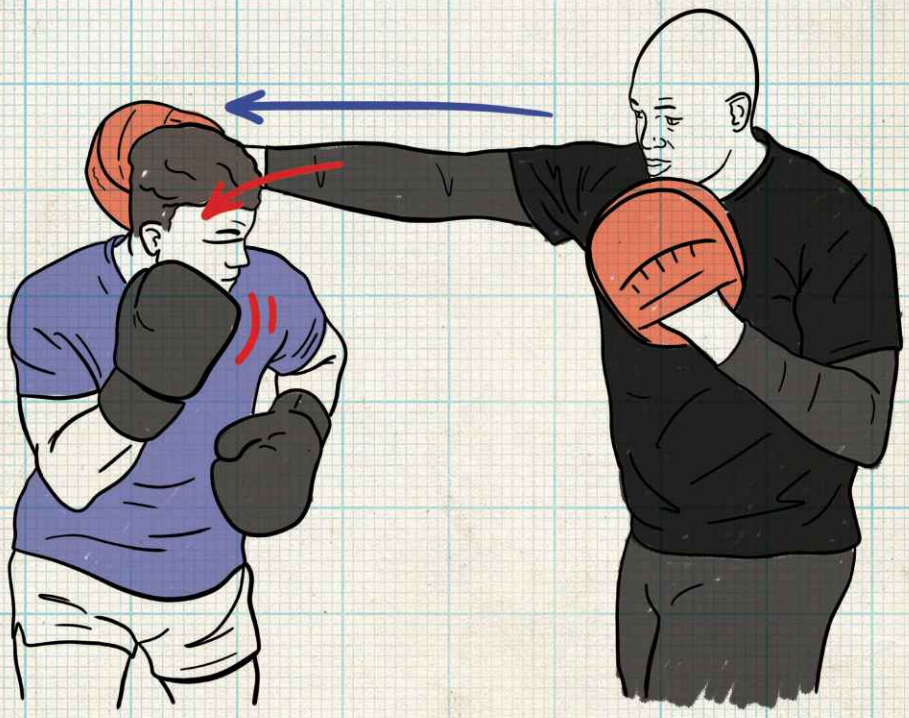

KEVIN ROSS

Kevin Ross is an American Muay Thai fighter and kickboxer who has also competed in professional boxing, shootboxing, MMA & San Shou. He was the inaugural Bellator kickboxing featherweight world champion.

Kevin was born in Reading, Pennsylvania on July 27, 1980. He spent much of his youth moving all around the country until finally ending up in Las Vegas in 1995. Alcoholism and partying completely took over his life until one day he finally decided to face all his fears, turn his life around and go after his lifelong dream of becoming a fighter.

He started training Muay Thai January in 2003 at Master Toddy's. Kevin has trained in Thailand numerous times at camps including Sitkuanim, Sasiprapa (in 2007 when he competed at the king's birthday celebration), Sitsongpeenong (in 2010 when he took part in the Toyota Cup 8-man tournament where he made it to the semi-finals), Sitmonchai (which he has been to 3 times to date) and most recently at Sutai in Phuket.

His previous achievements include becoming the Lion Fight super lightweight world champion. WBC Muay Thai super lightweight international champion and welterweight national champion. Other notable titles he gained include United States Muay Thai Federation welterweight champion and FIDAM welterweight national champion of Mexico.

Accolades:

- Bellator Kickboxing World Champion
- WBC Muay Thai National Champion
- WBC Muay Thai International Champion
- Lion Fight World Champion
- Holds notable wins over elite fighters such as Malaipet "The Diamond" Sasiprapa

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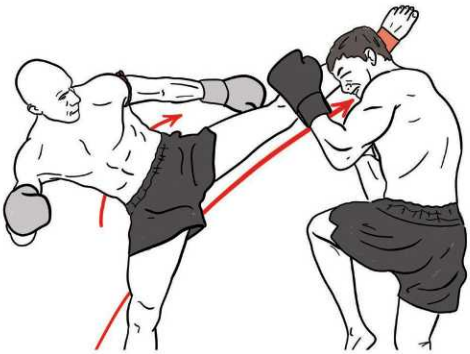
Muay Thai Set ups at Elite Level



At Elite level in Muay Thai, you are not going to get away with simply being aggressive and swinging for the trees. I chose to go over some of the different ways I look to set up opponent's whilst fighting as my theme for this chapter. Using this approach, you will be able to raise your fight IQ massively and give yourself options no matter how your opponent reacts or engages you during competitive bouts.

Within the combinations and drills I go through, you can vary up individual shots to make them work in different ways. For example, the body shot could be switched for the uppercut. Neither is wrong. The context of the situation and the confidence you have in your own ability may favour one strike over the other.

You will notice I use a lot of boxing based attacks, but they are not always delivered with simply just hitting my opponent in mind. I am using them to set up and create the openings or opportunities to land the heavier shots I want to hit them with. This can be achieved by distracting them, occupying their hands, forcing them to change their body position or one of many other ways you can look to off-balance them in some way.

By not throwing shots with just hitting hard in mind, it will allow you to strike whilst keeping your brain engaged. This in turn will ensure that you are able to see how your opponent reacts to each of your shots, as opposed to just going through a combination mindlessly in the hope that one of the techniques will land regardless. Everything you do in a fight should have a purpose.

TECHNIQUE 1

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with the right straight punch by pivoting your back foot and turning your hip over. These punches may not land clean but the idea behind this 1-2 is to get their guard higher and create openings.

4. Immediately pivot your left foot, pull your right shoulder back and throw a long left hook to your opponent's body.

5. As you uncoil from the landing the hook, start to dip your body and drop your left arm towards the floor. At the same time, start to raise your right leg off the floor. Don't be tempted to pop back up. You need to go straight from the punch into this movement.

PRO TIP!

You can keep your leg straight as you bring it up for this kick or have it more bent. It will depend to some extent on distance ie the further away you are, the straighter your leg will need to be, and on personal preference.

6. By the time your left hand touches the floor you need to have used the momentum from dropping down to have your right leg high in the air. At the same time you should be pivoting towards your left.

7. Immediately drop your right kick down onto your opponent's neck by shifting your left hand back whilst driving your right hip through the target.

You are aiming to land your shin down across the neck with this kick. Think somewhere between the shoulder and the ear.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head. Keep the jab in your opponent's face as long as possible before executing the next shot. Remove any gaps between the punches.

3. Follow this with the right hook to the body by stepping forward with your lead leg, dropping your weight, pivoting your back foot and turning your hip over.

4. Immediately pivot your left foot, pull your right shoulder back and throw a left hook to the other side of your opponent's body.

5. From there, pivot once more and take a step forward to your left with your lead leg as you shoot out your right hand as a long guard to the right side of your opponent's head.

6. Use your extended arm to pressure them to your right. This will force them to put more weight on their front foot making it more difficult to defend. At the same time throw a hard rear low kick to their lead leg. The actions in photos 5 & 6 need to happen quickly and co-joinedly.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Immediately regain your stance and see how your opponent reacts.

4. Should no counter occur, throw the lead jab to your opponent's head once more.

5. A lot of fighters will eventually throw the jab straight back. Typically they step the lead leg when they do this, which gives away their intent. As they throw the jab, look to parry the punch slightly down with your right hand. For the parry to be quick and more effective, ensure your guard is higher than your face to enable a stronger defence. At the same time shift your lead leg back and to your left.

6. Straight away throw a hard right head kick before they are able to get themselves back to guard. Depending on how tall your opponent is, you can kick more at an upward angle or loop it over and kick more downward.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Take a step forward and to your right with your back leg whilst throwing a lead leg low kick to the inside of your opponent's lead leg. Think of the rhythm like a double jab ie hit, hit. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

4. Land the leg behind you into a southpaw stance. Straight away step forward and to the outside of their lead leg with your right foot. At the same time shoot your left arm out as if you were throwing a jab past their ear. With this arm now in a long guard, put it on the side of their head and you can feel by where their body weight is which out of the following options to go for.

5. Immediately start to off-balance them towards your left and use your left leg to hit hard to the back of your opponent's knee in order to sweep their lead leg out. The higher up the leg you hit, the more committed you are to sweeping as opposed to just off balancing someone. Whilst doing this ensure you continue to use your left arm to push them to your left in order make the sweep more effective.

6. Don't just stop once you hit the leg. Drive your leg right through and keep the pressure on with your arm to ensure the sweep takes them down.

ONCE YOU HAVE FELT WHERE YOUR OPPONENT'S WEIGHT IS IN STAGE 4 THERE ARE FURTHER OPTIONS YOU CAN UTILISE DEPENDENT ON YOUR OPPONENT'S REACTION, POSTURE AND BALANCE.

A

1. Immediately throw a hard left knee to their mid-section. Keep your left arm on the back of their head to control their posture and to ensure the knee lands with greater effect.

B

2. Immediately throw another lead leg low kick to the inside of your opponent's lead leg. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

C

3. Immediately throw a hard left body kick to their mid-section. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Take a step forward and to your right with your back leg whilst throwing a lead leg low kick to the inside of your opponent's lead leg. Think of the rhythm like a double jab ie hit, hit. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

4. A lot of fighters will throw the jab straight back. Typically they step the lead leg when they do this, which gives away their intent. As they throw the Jab, look to parry the punch slightly down with your right hand. For the parry to be quick and more effective, ensure your guard is higher than your face to enable a stronger defence.

5. Immediately follow the parry with a right cross over your opponent's arm into their head. This parry into punch needs to happen together in one continuous motion. You can step forward or back with the punch if you need to change distance.

Don't make the mistake of going too wide with the punch. Even though it is a slight overhand style punch, you want to just cross over their arm as you hit in order for it to be a much quicker strike.

6. Don't retract your arm from the cross, change it into being a long guard style extended arm and push back onto their chest as far across as you can reach it. You don't necessarily even need to land the punch in the first place for this to work, you could just go straight for this position. At the same time use your right foot to do a back leg foot sweep on their lead leg from just behind the foot or ankle.

7. Continue to push back with your arm and drive your foot through to ensure the sweep is effective. Having control here will allow you to know just how much drive and pressure you have to apply here to both sweep and stay out of danger should you miss.

8. The aim is to take your opponent completely off their feet by going as high as you can with your hand and as low as you can on the ankle.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Take a step forward and to your right with your back leg whilst throwing a lead leg low kick to the inside of your opponent's lead leg. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

3. Land the leg behind you into a southpaw stance. Straight away step forward and to the outside of their lead leg with your right foot. At the same time shoot your left arm out as if you were throwing a jab past their ear. With this arm now in a long guard, put it on the side of their head and start to off balance them towards your left.

4. Immediately throw a hard left body kick to their mid-section. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

5. Straight away regain your stance and create space by moving back. As your opponent launches a counter cross, start to slip slightly to your left outside the punch as you take a small step in that direction with your lead leg.

6. At the same time throw a hard right body kick to their mid-section. You are aiming for them to walk onto this with their weight as they commit to the punch coming forward.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. As your opponent steps forward to throw a right body kick, take a step back and to your right with your rear leg to both create space and take the power out of the kick. At the same time catch their leg with your left arm by capturing the kick as near to the ankle as you manage with an underarm grip. Bring your right arm across and put it on top of the leg. Whilst doing this make sure you are leaning back.

3. Release the kick in front of your body by dropping your hands around the foot. Your left hand should be behind the ankle whilst your right hand is on the instep. At the same time take a further step back and to your right with your right foot but don't pull them forward as you move at this point. You are creating space with this movement.

4. Keeping a hold of your opponent's foot with your left hand, bring your right hand back to your guard.

5. Immediately pull their leg, drop their kick onto the floor as you drive forward with your lead leg. Aim to step just to the outside of where their foot drops to. At the same time throw a hard right cross by pivoting your back foot and turning your hip over. Ensure it is a power punch by punching through the target.

Whilst catching the kick, rotate your body to your right so you don't take the kick across your ribs and elevate your left shoulder to nullify any potential punches your opponent might throw. Imagine you are trying to catch their foot/ankle on your back.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with the right straight punch by pivoting your back foot and turning your hip over.

4. Straight away throw another lead jab but this time aim to use it to pop your opponent's head up. You can leave your arm extended to pressure their posture and force them to lean back.

The second jab can almost be treated as a post. It's aim is not to snap back as what you would normally do with a typical jab but to force their posture up and back, thus exposing the body as a target.

5. Immediately drop your weight and throw a hard right cross to their mid-section. You can keep your left arm on them until the punch has been thrown.

6. From this lowered body weight position, pivot back and use your legs to drive the left uppercut under their chin.

7. Stay low, take a small step forward and across to your left with your lead leg. At the same time extend your right hand out to utilise a long guard across the side of their head in order to pressure them into putting more weight onto their left side as you throw a hard right low kick to their lead leg.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. If you know your opponent likes to teep a lot, keep your weight more over your front foot. This will allow you to move back easier as they kick, whether you are looking to avoid, catch or absorb the shot should you mis-time your defence.

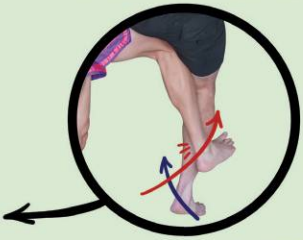
3. As they extend their lead leg teep, move your back foot back slightly as you catch their ankle by grabbing with your left hand underneath.

4. Immediately put your right hand on top of their instep and pull their foot against your stomach to secure the catch. Keep your posture back whilst doing this.

5. Straight away drop your left hand holding their ankle to your left hip and shoot your right hand forward aiming towards the shoulder which is furthest from you. Once you have done this, start to elevate their foot high and away to off balance them further. Whilst doing this take a big step forward with your leg forwards and to your left utilising a 45 degree angle.

6. Once you get your right arm as far across towards their opposite shoulder as you can, start to pull back with it and tip their weight backwards. At the same time you should be tight behind their hips and starting to sweep their supporting leg with your right leg.

7. You are aiming to drive your hip and knee as high as you can up their leg. Think of it as if you were making them sit on your leg.



You can see here how high my leg is on my opponent's standing leg. My foot is on the outside of their leg whilst my knee and hip are high under his hip. I will go for my knee and hip to be in the correct place first, which will elevate him. The foot is almost secondary and can be used to aid the sweep by taking the leg out at the same time. Or, if you don't get the elevation, you can switch back to just sweeping the ankle out low with the foot.

8. By pushing as high back as you can on the far shoulder whilst doing this, you will take your opponent completely off their feet.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. A lot of fighters will throw the jab straight back. Typically they step the lead leg when they do this, which gives away their intent. As they throw the jab, look to parry the punch slightly down with your right hand. For the parry to be quick and more effective, ensure your guard is higher than your face to enable a stronger defence.

4. Immediately follow the parry with a right cross over your opponent's arm into their head. This parry into punch needs to happen together in one continuous motion. You want to be almost a quarter of the way through the motion of the cross when that jab comes by bringing your right shoulder forward slightly.

5. Straight away drop your body weight, pivot your left foot, pull your right shoulder back and throw a hard left hook to your opponent's body.

6. Stay low, take a small step forward and across to your left with your lead leg. At the same time extend your right hand out to utilise a long guard across the side of their head in order to pressure them into putting more weight onto their left side as you throw a hard right low kick to their lead leg.

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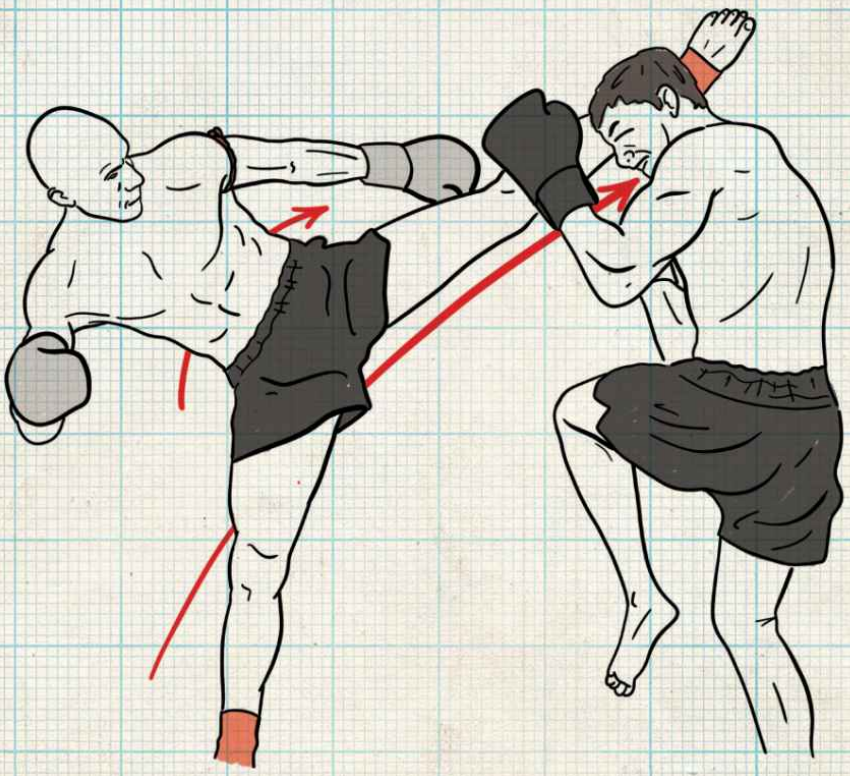


DAMON SANSUM

Damon Sansum began his martial arts journey in 1999 in the style of Wado Ryu Karate, taught by his father Lee Sansum who himself is a highly regarded martial artist and close protection specialist.

He competed in sport Karate for 13 years at the highest level, achieving many titles including WAKO World Cup Champion, WAKO team world champion, WOMMA World Champion and WAKO Jnr European Champion.

After a highly decorated career in sport karate, at age 24, Damon decided to switch combat styles and was invited to join the Team GB Olympic Taekwondo squad. Within his 10 year career as a TKD athlete, Damon became one of the most successful males in GB Taekwondo history. Winning consecutive World medals, a European silver medal and World Grand Prix silver medal, the Commonwealth title and gold medals at most of the A-class international Olympic Taekwondo championships.

Sansum also qualified for the 2016 Rio Olympic Games but narrowly missed out on selection and went to Brazil as Team GB's reserve athlete. In 2019 Damon retired from Team GB. Since then he has travelled the world leading numerous seminars and training camps in person as well as starting a variety of different online coaching and mentoring programs, dedicated entirely to increasing elite level performance.

Accolades:

- Taekwondo World Champion
- Team GB Taekwondo Olympic Athlete
- WAKO World Cup Champion
- WAKO Team World Champion

Damonsansumathlete

@damonsansum

@damonsansum

Using Taekwondo Kicks to Dominate the Fight

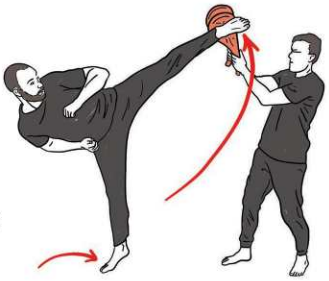
Having transitioned from a sport Karate background into Olympic Taekwondo, I have learned just how important it is to be able to utilise your kicks at every range in a fight.

When I first made the jump, I was ahead of the game in respect to lead leg kicking. This was the advantage my background in Karate had given me.

However, the sport evolved, and I had to adapt with it. Although you need a strong lead leg, there are many other aspects to using kicks that you need to learn in order to be successful at elite level. Switching stance, distance control, short range application and feints all need to be brought together when training for competition.

Taekwondo athletes and those from other combat sports will do well to develop their ability with leg control and application of kicks if they wish to dominate their fights consistently.

In the combinations and drills that follow you will see that I still use my lead leg a lot with regards to how I control, set up and land significant kicks on my opponents. But you will also see how I mix this in with other much needed facets of the kicking game when it comes to laying traps and controlling fights.



TECHNIQUE I

1. Start facing your opponent in an open stance.

2. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward. At this point you will have put your opponent on the back foot.

5. As you look to repeat the same attacking side kick, your opponent quickly moves forward towards you to try and jam your kick as you chamber your lead leg once more.

6. In order to adapt to this counter you must straight away keep your chamber high. Next make sure you clear your lead foot to the outside of your opponent's body on their left side. Once you have cleared the foot from being jammed you need to then start to elevate it towards your opponent's head.

7. Immediately complete the lead leg hook kick by pulling your heel or sole of your foot horizontally into the side of your opponent's head using your already high chamber. You can finish this kick by hooking back more from the chamber if they are jammed in close or by extending your leg if they start to lean away.

TECHNIQUE 2

1. Start facing your opponent in an open stance.

2. Your opponent initiates by putting their weight back, lifting their lead leg into a high chamber and sliding towards you.

3. Straight away put your weight back and counter with an equally high lead leg chamber of your own in order to nullify their attack. The aim here is to clash and get your chamber higher than your opponent's.

The greater you control the distance, the more thinking time you have. The movement required to make this kick work takes practice. Your front foot is essentially switching places with your back foot. As you do this you switch your hips without coming up, keep your head back and deliver the kick in one motion.

4. Immediately recover your stance by landing your kicking leg forward. At this point it is likely that your opponent will continue to pressure forward with more attacks.

5. Your opponent initiates once more by putting their weight back, lifting their lead leg into a high chamber and sliding towards you.

6. Anticipating this repeated direct attack, you change tactic and start to lean back away from the kick. As you do this you must start to rotate your hips towards your opponent.

7. Whilst doing this you must switch your feet by bringing your left foot back into the space where your right foot was, ensure you continue pivoting on your left foot, leaning your head further away from any potential counter kicks to the head and chambering your right roundhouse kick towards your opponent's mid-section.

A QUICK LOOK FROM THE OTHER SIDE

8. Complete the kick by leaning your head almost perpendicular to the floor and extending your right leg, driving your hip and foot through your target. You are aiming to hit with the instep of the foot.

9. You can see that by leaning away so much from the kick you will remain out of reach of any of your opponent's potential strikes whilst landing your own attack.

10. Once you have landed the kick, recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

TECHNIQUE 3

1. Start facing your opponent in an open stance.

2. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg side kick to your opponents mid-section. You are aiming to hit with the heel. It is a good idea to keep your weight through the ball of your foot on the standing leg, as opposed to through the heel, as this will keep you from landing heavy.

4. Immediately recover your stance by landing your kicking leg forward.

5. Straight away take a small step forward with your lead leg and feint with your body as if you were generating momentum to attack. Don't over commit though. In this situation, it is ideal to initiate this near to the edge of the fighting area. This means they are likely to want to press back, usually with a similar strike, as they will have fewer escaping options

6. Drawing the reaction you want, they put their weight back, lift their lead leg into a high chamber and slide towards you.

TECHNIQUE 3 CONTINUED

7. Intercept their movement by immediately picking up your back leg into a high chamber and rotating your hips towards your opponent. Whilst doing this you will use your lead hand to perform an inside to outside blocking movement onto their leg to nullify their lead chamber. Timing is vital. You need to do this right at the start of their chamber to avoid being kicked by a side kick.

8. Complete the back leg crescent kick by extending your leg high and driving it across the body through the side of your opponent's head. It is important here not to move back. You need to stay in the danger zone in order to ensure your strike lands hard as they come forward.

9. As you land, ensure you maintain balance. You are aiming to land your foot just on the outside of your opponent's right leg.

10. Continue with the rotational movement and immediately start to pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, you are going to switch your feet as opposed to jumping. As you rotate your body and turn your feet, your lead foot is going to move back to where your rear foot was. At the same time you bring your back leg towards your opponent into the chamber. Without over rotating, you should be looking over your left shoulder as your left chamber stays tight to your standing leg prior to firing the counter back kick to your opponent's mid-section. You are aiming to hit with the heel.

11. Once you have landed the kick, recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

TECHNIQUE 4

1. Start facing your opponent in a closed stance.

2. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward. Don't move back though. You want to keep the pressure on by linking these attacks quickly and consecutively.

5. Put your weight back again, lift your lead leg once more into a high chamber and slide forward fast to cover distance.

6. As you get to the correct range, throw another lead leg side kick to your opponent's mid-section again. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

TECHNIQUE 4 CONTINUED

7. Immediately recover your stance by landing your kicking leg forward.

8. Put your weight back and start to repeat the same movement by making your lead leg light on the floor. Take a small slide forwards at the same time. You are looking to set your opponent up by baiting them into thinking the distance has closed and that it is a good time for them to pressure back.

9. As a result your opponent steps to come forward in a bid to jam up your lead leg kick or force the clinch. As they do this, lift your lead leg in a high chamber to the outside of their body on their left side.

PRO TIP!

In order to land the axe kick effectively you need to build pressure and cause panic in your opponent, thus forcing them to come forward before executing the strike.

10. Finish the axe kick by driving your lead chamber as high as possible before extending your leg and dropping the kick down across their head, face or clavicle.

11. The aim with an axe kick is to drop your weight and land the kick through your target in order to ensure maximum damage. Progress straight into the clinch following the kick to keep control before launching further attacks or escaping back into space. You can hit with the heel or sole of the foot.

TECHNIQUE 5

1. Start facing your opponent in an open stance.

2. Bend your front leg and sit your weight forward in a bid to feint an attack and draw a reaction from your opponent. You are not actually stepping forward here at all, simply faking with your body movement.

3. Drawing the reaction you want, they put their weight back, lift their lead leg into a high chamber and slide towards you.

4. Immediately move back to make your opponent miss with their attack. You want to remain just on the edge of the fight distance. Don't disengage completely in order to escape the exchange.

5. By doing this, they will no doubt recover their stance by landing their lead leg forward and look to continue coming forward on the attack.

6. As you are both in open stance and the distance has not been expanded, they have been baited into chambering their back leg roundhouse kick to your mid-section. This situation is one you look to create when you know your opponent likes to attack lead leg, then back leg.

7. Without moving back you block as their kick extends. This is a TKD based double block with both arms, which will allow you to cover your body completely. The key here is not moving back. You have to draw your opponent into the range you want.

8. Immediately ensure your weight is back so you can simply lean away and chamber your leg high towards your opponent's head as their kicking leg lands forward from their own attack.

9. Finish the lead roundhouse kick by extending your leg and hitting the side of your opponent's head. You are aiming to hit here with the instep.

TECHNIQUE 6

1. Start facing your opponent in a closed stance.

2. Chamber your rear knee high and fast towards your opponent. Don't lead with your body first, ensure you lead with your leg. This will make it harder for your opponent to shut you down or counter you.

3. Extend your leg to throw the back leg front kick to your opponent's mid-section. You are aiming to push them back and control the distance. You want to keep them on the back foot.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/ distance from your opponent.

5. As you chamber your rear knee high towards your opponent once more from what is now your closed stance, you will purposefully now make this a slightly slower attack than the first and bring your body more forward towards your opponent. This will bait them into stepping forward themselves in a bid to jam you up or force the clinch.

The chamber as utilised in this second attack is meant to be slower and almost lazier than the initial fast front kick. These "mistakes" are what you are using to bait your opponent into pressing forward, thus walking into the counter you are setting up.

Crescent kicks are widely used in Taekwondo and allow the striker to throw head height kicks with very little telegraphing from both short to medium range. The movement can be outside to inside as shown here or inside to outside.

6. Drawing the reaction you want, you switch attacks by extending the leg out high to the outside of your opponent's body instead and whipping it through the side of their head as a crescent kick. You are aiming to hit with the inside of your left foot.

7. The aim with a crescent kick is to drive your weight and land the kick through your target in order to ensure maximum damage. Progress straight into the clinch following the kick by landing your leg forward and then switching your hips/ stance to keep control before launching further attacks or escaping back into space.

TECHNIQUE 7

1. Start facing your opponent in an open stance.

2. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg axe kick to your opponent's head. You are throwing this wanting it to land but knowing that it is most likely only going to succeed in drawing their lead arm away from their body as they try to block.

4. Don't let your leg drop back to the floor, immediately rechamber your knee. Use your eyes here to help feint your opponent. Ensure they remain firmly fix

5. Follow this straight away with a side kick into the mid-section using the opening you have just created. Don't move back with this. If anything, you may need to adjust and slide slightly forward from the axe kick into the side kick. You are essentially throwing a fast double kick here. Thus you need to utilise a strong, balanced chamber and display excellent leg control.

6. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

TECHNIQUE 8

1. Start facing your opponent in an open stance.

2. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance. In this situation you are dealing with someone who is very good at defending roundhouse kicks with their guard.

3. As you get to the correct range, ensure you lean further away and aim to push your hip towards the outside of your opponent. To finish this lead leg hook kick, aim to get your body almost perpendicular to the floor as you extend your leg out towards your opponent's mid-section and drive your heel into it. You are throwing this wanting it to land but knowing that it is most likely only going to succeed in drawing their hands down.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/ distance from your opponent.

5. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance.

6. Seeing you threatening with the same lead leg hook kick to the mid-section as before, they close up tighter to the body with a double block, which is exactly the reaction you wanted.

You will need to commit to the first kick and land it hard so that they are more likely to give you the reaction you are looking for with the second attack, which is the feint.

7. Now that they have bought the fake, you move your chamber across their body from outside their left low to outside their right high.

8. Immediately throw a lead leg roundhouse kick to the side of their head once the chamber gets into the correct position. As this kick is landing on what we call the blindside, it is harder to see coming at speed in this manner. You are aiming to hit with the instep of the foot.

9. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/ distance from your opponent.

TECHNIQUE 9

1. Start facing your opponent in a closed stance.

2. Put your weight back, lift your lead leg into a high chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward. Don't move back though. You want to keep the pressure on by linking these attacks quickly and consecutively.

5. Put your weight back again, lift your lead leg once more into a high chamber and slide forward fast to cover distance.

6. As you get to the correct range, make sure you show them the chamber is going to the same place once more. Once you see them tighten up their guard to the body, start to elevate your chamber higher.

7. Immediately rotate your hips and throw a lead leg axe kick towards your opponent's head. You are aiming to get your leg above their shoulder before starting to drive it diagonally downwards.

8. Finish the kick by extending your leg and dropping the kick down across their head. The aim with an axe kick is to drop your weight and land the kick through your target in order to ensure maximum damage. You can hit with the heel or sole of the foot.

PRO TIP!

The key to making this work is in the last minute rotation of the hips. You need to sell that the side kick is coming once again with both your chamber and your eyes before flipping it last second into the high axe kick. The smoother, quicker and better timed the transition, the more effective this technique will be for you.

TECHNIQUE 10

1. Start facing your opponent in an open stance.

2. Pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, look over your left shoulder and turn your feet.

3. Immediately chamber your left knee low in-line with your non kicking leg and start to drive your hip towards your opponent for the start of an attacking back kick.

4. Extend your leg and drive the back kick into their mid-section using your heel. You can slide towards your opponent with this by pushing off your standing leg if you need to cover distance as well.

5. Straight away recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

6. With space between you and your opponent, switch your feet to bring you back into a closed stance once more.

7. Repeat the attack by pivoting your front foot to the back in an anti-clockwise direction once more. As you rotate your body, look over your left shoulder and turn your feet.

8. Immediately chamber your left knee low in-line with your non kicking leg and start to drive your hip towards your opponent for the start of an attacking back kick.

9. Your opponent, sensing the same attack, moves back away from your kick so that it falls short and does not make an impact.

10. Without letting your left foot touch the floor, you must then rechamber your kicking leg back high and rotate your hips back towards your opponent.

11. If you need to cover distance at this point, you can push off your back foot and slide towards your opponent behind your high chamber. As you get to the correct range, throw a lead leg roundhouse kick to the side of your opponent's head. You are aiming to hit with the instep.

For further coaching with Damon scan the QR code:

Yoddecha Sityodtong will need no introduction to anyone who is a follower of the Muay Thai community. The Multiple times World Champion and Kings Cup winner is not only a former No 1 ranked fighter at the legendary Lumpinee Stadium, he is also one of the few certified instructors from the globally renowned Sityodtong Camp.

Muay Thai is well known as the martial art of striking that originated in Thailand. However, less people know about its more traditional counterpart, Muay Boran, of which Yoddecha is also a hugely experienced teacher and passionate advocate for.

Yoddecha Sityodtong has an unparalleled amount of experience in Muay Thai at the very highest level from a career that spanned over 25 years.

His fight record stands at 145-37 and he has competed in many countries across the globe. He was also featured on the History Channel hit programme 'The Human Weapon' and has been included in many videos over the years documenting both Muay Thai and Muay Boran.

One of the first instructor's resident at the world famous Evolve MMA in Singapore when it first opened, he has recently moved over to the UK to continue with his passion for coaching the next generation of Muay Thai fighters and athletes.

Accolades:

- Lumpinee Stadium No 1 Ranked Fighter
- Multiple times Muay Thai World Champion
- King's Cup Winner
- Sityodtong Camp Certified Instructor

Yoddecha

Yoddecha_Sityodtong

Traditional Muay Thai Training

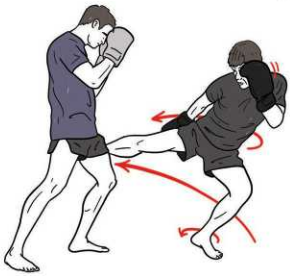
All my techniques, concepts and training methods come from my time growing up and competing out of Sityodtong camp in Thailand. Right from the start, I was regarded as a strong kicker and highly technical fighter amongst my peers.

In Muay Thai we don't normally train long combinations in pad work or sparring. We put together tricks and smaller set pieces based around our strongest techniques or ranges. It is also vital to note, the importance of both contact and effect within our sport.

Contact in that you need to be able to hit with power in order to damage and/or potentially knock out your opponent. Effect in the sense that you only score points in Muay Thai if your opponent displays some essence of the impact of your shots hurting them, off balancing them or manipulating them in some manner.

I always liked to try and score with head kicks. This is not as common an attack as other strikes within Muay Thai but I was consistently successful with it.

In the combinations that follow, I am going to go through with you some of my favourite drills to train either on the pads or in sparring. There is no one perfect technique or attack for any particular range but there are some that have a higher percentage chance of landing heavy, thus increasing your chances of damaging your opponent, showing effect or potentially even knocking them out.



TECHNIQUE I

1. Start facing your opponent in orthodox stance.

2. You see as your opponent switches their legs.

3. Block their lead body kick by lifting your rear leg and turning it out to your right to ensure your shin is stopping the shot. Rotate your leg more to try and catch their foot on your shin as opposed to blocking shin on shin.

4. As you recover your stance by bringing your rear leg back, land in a slightly wider stance and sit your weight down into your legs.

5. Immediately pivot off the front foot and throw a right high kick to their head.

PRO TIP!

It is important to go from the block to the counter head kick as quickly as possible

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Intercept your opponent's lead jab with your lead hand by parrying slightly across from left to right.

3. Immediately take a step forward with your lead leg. As you do this pull your lead hand down and into your body.

4. At this point make sure you have bent your legs and level changed in order to load up your hips. Keep your right hand in a high guard by the side of your head but have your left hand open and tucked into your body as if it was in a sling.

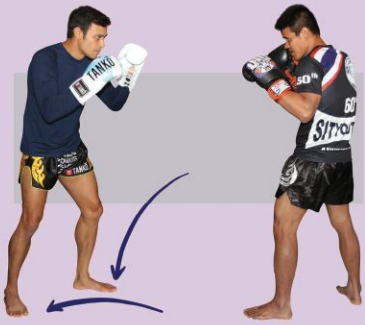
5. Straight away, explode up and throw a reverse elbow in a 45 degree upward angle targeting underneath your opponent's chin.

To ensure this elbow has maximum impact, use your full body weight and go through all the steps shown.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Block your opponent's switch left body kick with both your right arm (which should be in a high guard already) and your left arm (by bringing this arm across your body slightly so that the arms are more in a line with each other)



3. Stay balanced and composed as your opponent regains their stance.

4. Again, block your opponent's switch left body kick with both your right arm (which should be in a high guard already) and your left arm (by bringing this arm across your body slightly so that the arms are more in a line with each other)

5. As soon as you have blocked (although you can do this prior to the kick landing if you intercept), slide or step the back leg to bring you forward and pivot as you throw a lead side teep to your opponent's throat.

Push/Hit through the target and ideally strike with the ball or sole of your foot.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. As you see your opponent step to your right in order to throw their right body kick, mirror their movement and step out to your right with your rear leg.

3. As the kick approaches you, ensure you don't reach too early with your left arm.

4. Catch the kick tight under your left arm at the final moment.

5. Immediately step your back leg deep into the inside of your opponent's stance. At the same time drop your right elbow in a downward motion onto the middle of their thigh.

It's important to catch the kick tight but not so tight that it inhibits your step into the counter elbow. With the spike elbow use your shoulder and arm to deliver the strike.

6. Straight away drop their leg with your left arm and start to rotate your body to your left as you lift your left elbow high.

7. Continue turning fast and drive the back of your left elbow into your opponent's head.

Keep your right hand high in guard. Aim the elbow for the temple, cheek, or jaw.

TECHNIQUE 5

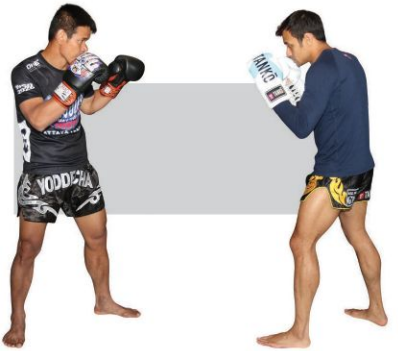
1. Start facing your opponent in orthodox stance.

2. As you see your opponent switch and start to lift their lead leg to throw the left body kick, intercept it by using your lead teep to jam the top of their thigh.

3. As you recover your stance by landing your lead leg forward, ensure you are in a slightly wider stance and sit your weight down into your legs.

4. Immediately step to your left with your lead leg and throw a rear low kick to either their front or back leg (you may possibly even catch both if they reset their stance to a certain position).

TECHNIQUE 6

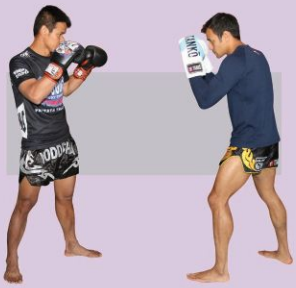


1. Start facing your opponent in orthodox stance.

2. As your opponent steps in to throw a right cross, intercept their strike by mirroring their step. At the same time as stepping towards them with your lead leg, drop your weight, lean to your right and back slightly, and lift your left forearm to ensure you do not get hit by the punch.

3. Immediately follow this by taking another small step forward with your lead leg, pivot your back foot and use your lead arm to redirect their right arm to your left side (the aim is to counter before they manage to recover their punch back to their guard). Couple this at the same time with driving your hips up and foward to hit your opponent under the chin with a rear uppercut elbow.

TECHNIQUE 7



1. Start facing your opponent in orthodox stance.

2. Ensure you are balanced and composed as you see your opponent switch their legs.

3. Utilise a long style guard to block their kick. Keep your right arm tight and straighten out your left arm to ensure they can't come forward.

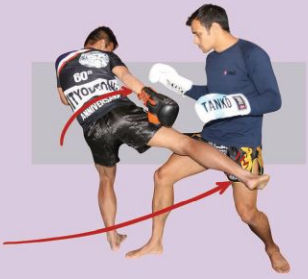
4. Check their distance and base as they recover their stance.

5. As you see them initiate the same attack, anticipate the necessary distance to intercept this time around.

6. As they start to lift their left leg to throw the kick, raise your leg and cross block by bringing it across your body. Turn your leg slightly as you use your shin to intercept their kick at the thigh above the knee. At the same time keep your right arm tight and measure the distance with your left arm in an adapted long guard.

The long guard style can be used and adapted in lots of different ways. The lead arm can either measure, stop or push whenever required to maintain the distance you want for your counter strikes. The cross block can be used to inflict pain as well as to intercept kicks.

7. Immediately recover your stance by landing your lead leg forward, ensuring you are in a slightly wider stance and sit your weight down into your legs.

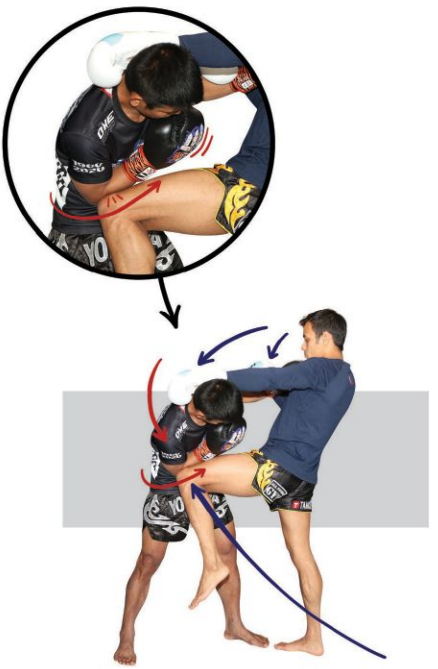


8. Straight away step to your your left with your lead leg and throw a rear low kick to either their front or back leg (you may possibly even catch both if they reset their stance to a certain position).

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. Your opponent moves quickly towards you by stepping their rear leg forwards into a southpaw stance.



3. As they clinch with their left arm and throw the left knee to your body, keep your right arm tight and bring it slightly forward to block the strike with your elbow.

4. Check their distance and base as they recover their stance.

5. As they try to repeat the same strike by stepping the back leg forward again, step out this time with your lead leg and control their right arm with your lead hand.

6. As you control their right arm, make sure you start to push it down as you pivot your back foot behind you slightly.

Aim to control the wrist of the arm. You can use your fingers to curl around the arm slightly if you wish.

7. Whether they lift their knee or not at this point (depending on how quick you have been), straight away throw the lead elbow to their head. You can either bring this straight across or in a slightly downward angle.

If you attack with the elbow horizontally then you can aim for the chin. If you use more of a downward angle then aim for the temple.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Your opponent throws their rear leg teep to your body.

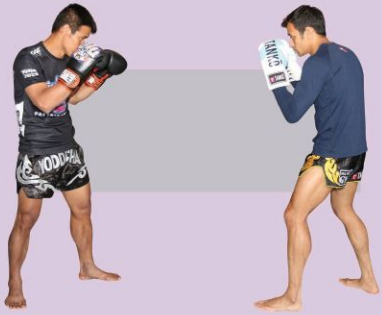
3. Before the kick lands, turn your right arm down and use it to scoop it to your right side.

4. At the same time as you do this take a little step to your left with your lead leg and pivot your back foot behind you to break the centre-line and create a new angle. This will ensure you are now out of the way of any potential counter strikes.

5. Immediately jump high and forward as you aim to knee your opponent in the head with a jumping right knee strike.

In training I aim for the shoulder to protect my partner from harm but in a competitive fight I would be striking the side of the head.

TECHNIQUE 10



1. Start facing your opponent in orthodox stance.

2. As your opponent throws a right body kick, take a step to your right with your back leg. At the same time catch their kick under your left arm.

3. Immediately throw a rear knee strike to their thigh. This wants to come in at a slight angle so make sure you pivot slightly and bring your knee in at a 45 degree trajectory. You can keep hold of the leg whilst you do this but you will need to ensure you loosen the grip enough to allow you to turn enough for the strike.

TECHNIQUE II

1. Start facing your opponent in orthodox stance.

2. Your opponent defends your attempt at a right high kick by leaning back.

3. As you land your right leg across from the momentum of the kick, start to rotate your body to your left. At this point your opponent's head will have sprung back into place.

4. Immediately throw a spinning heel kick to your opponent's head. The idea here is that by only leaning and not stepping back, your opponent will naturally have to come straight back to the same place they made you miss with the original kick. This then leaves them wide open for the second kick if you can rotate quickly enough and are accurate with the strike.

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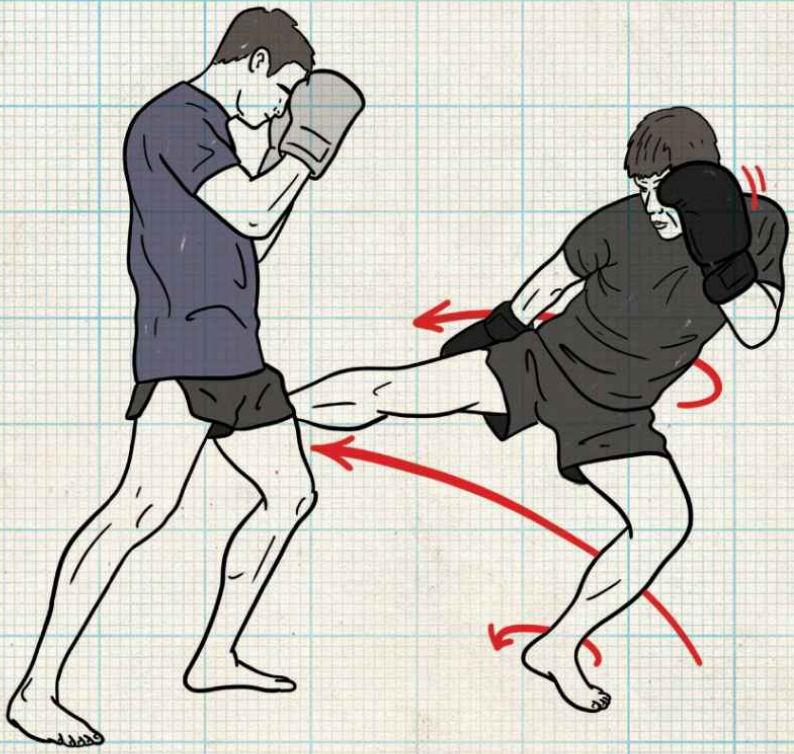

ANDY SOUWER

Andy Souwer is a two-time K-1 World MAX Champion, four-time Shoot boxing World tournament champion and globally renowned Dutch Kickboxer.

Andy originally started Kickboxing when he was 7 years old and had his first competitive fight not long after he turned 8. Competing regularly at that point, he quickly became a Dutch Junior Champion. Aged only 16 years old, he had his first A class fight and by 18 he held three different World titles.

Considered a Kickboxing legend amongst his fans and peers, his career has seen him spend extensive time in Japan, where he has entertained crowds for many years with wins over elite opponents such as Masato, Buakaw Banchamek and Mike Zambidis.

His full time gym, the souwer sports institute in Den Bosch, Holland, attracts fighters and coaches from all over the world to visit and train personally with him.

Accolades:

- K-1 World MAX 2007 Champion
- K-1 World MAX 2005 Champion
- 4 x Shoot boxing S-Cup World Champion
- ISKA World Champion
- WKA World Champion
- WMTA World Champion
- Owner and founder of the Souwer Sports Institute

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www.kickboxinguniversity.nl

Kickboxing High Volume Striking to Finish Fights

I have been fighting for a long time and I have developed my own fundamental style as a result of my long career. Although I tend to use my boxing ability to put pressure on in fights, I always tend to finish with a variety of different kicks and knees to maximise the damage of my attacks.

Boxing into low kicks is often seen as a typical Dutch style of Kickboxing. Because of this, fighters from the Netherlands can sometimes be thought of as being one dimensional, reliant purely on aggression and power. This cannot be further from the truth with myself.

I use a lot of tactics and concepts when I fight. Some of which I go through in this chapter. Measuring the distance with lighter shots, creating angles, pressuring, and high volume all form part of my system when it comes to setting up hard hitting shots.

In the combinations and drills that follow, I wanted to explain to you my thought process when it comes to how I put some of my attacks together. Hopefully by doing so, you will be able to add these methods and ideas into your own training, and thus eventually into your fighting or sparring.

TECHNIQUE I

1. Start facing your opponent in orthodox stance.

2. Step forward with your lead leg and throw a hard jab.

3. Follow this with a fast low kick to your opponent's lead leg. Don't rotate too much, use more of an upward inflection of 45 degrees to keep the speed without overcommitting to the kick.

4. Recover your stance quickly whilst assessing your opponent's reaction to the previous strikes.

5. Straight away step forward again with your lead leg and throw another hard jab.

6. Immediately follow this with a right straight punch by pivoting your back foot and turning your hip over.

Applying pressure with high volume, aggressive boxing will damage your opponent's composure and leave them off balance. This is when to repeatedly deliver hard low kicks with the off-line, fully committed hip rotation. I call it the chopping low kick. Prior to this, it is better to use measuring low kicks for speed. With these you do not come off the centre line, nor rotate your body in the same way. You use more of a small step with your lead leg, staying in front of your opponent, before throwing the low kick with more of an upward 45 degree diagonal angle. This is both faster to throw and quicker to recover from, thus ensuring you are less likely to be countered by your opponent.

7. From this rotation of the right shoulder, use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to the body. Aim just under your opponent's guard in order to target their liver..

8. Once you see your opponent has planted their feet under the pressure of the boxing attacks, take a step to your left with your front foot to come off the centre-line and chop down with a hard right low kick to their lead leg.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Use a small switch of your feet by bringing your lead leg back as your rear leg comes forward to throw a lead leg low kick to the inside of your opponent's lead leg. Speed is key here. Don't switch your feet really wide for power. Keep the movement shorter to ensure it is fast. You are looking to off-balance your opponent, distract them and disturb their stance, as opposed to smashing their leg in a bid to damage it. You can also utilise a long guard whilst doing it by keeping your lead arm out in front of you.

3. Immediately recover your stance by landing your lead leg back forward. As you do so, throw a hard right straight punch by pivoting your back foot and turning your hip over

4. From this rotation of the right shoulder, use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to the body. Aim just under your opponent's guard in order to target their liver.

5. Straight away, take a small step to your left with your lead leg as you throw a hard right kick to their head, or preferably, to their neck.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Step forward with your lead leg and throw a hard jab.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Recover your stance quickly whilst assessing your opponent's reaction to the previous strikes.

5. You see your opponent is hurt and wants to retreat, so you immediately step forward and throw another hard jab.

6. Bring your lead arm back to your guard but don't move back.

TECHNIQUE 3 CONTINUED

7. Straight away step forward again with your lead leg and throw another hard jab.

8. Follow this with another right straight punch by pivoting your back foot and turning your hip over

At this point you have broken your opponent's composure, balance and will. This will allow you to then finish in different ways dependent on whichever opening presents itself the most

A

9. You use a larger switch of your feet here to generate more power by bringing your lead leg back as your rear leg comes forward in order to throw a hard lead leg low kick to the inside of your opponent's lead leg.

B

10. You use a larger switch of your feet here to generate more power by bringing your lead leg back as your rear leg comes forward in order to throw a hard lead leg kick to your opponent's body, aiming just under the guard and targeting the liver

C

11. You use a larger switch of your feet here to generate more power by bringing your lead leg back as your rear leg comes forward in order to throw a hard left knee to your opponent's mid-section. At the same time you can use your lead hand to grab the back of their head in order to pull them onto the strike.

PRO TIP!

The 1, 2 or jab, cross is the first combination anyone is taught in striking. Here, I am utilising both punches with fast, aggressive boxing in order to both hurt my opponent and set up openings for other techniques such as the kick or knee.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Throw a fast low kick to your opponent's lead leg. Don't rotate too much, use more of an upward inflection of 45 degrees to keep the speed without overcommitting to the kick. You can also utilise a long guard whilst doing it by keeping your rear arm out in front of you.

3. Immediately recover your stance by landing your rear leg back from the kick and throw a hard left hook. You can take a small step with your lead leg to cover distance if necessary. The low kick was not the intent here, the power should be in this left hook.

4. Recover your stance quickly whilst assessing your opponent's reaction to the previous strikes.

5. Repeat the attack by again throwing a fast low kick to your opponent's lead leg. Don't rotate too much, use more of an upward inflection of 45 degrees to keep the speed without overcommitting to the kick. You can also utilise a long guard whilst doing it by keeping your rear arm out in front of you. You don't even need to land this kick properly, you could just fake it or measure with it.

6. Again, immediately recover your stance by landing your rear leg back from the kick and throw another hard left hook. You can take a small step with your lead leg to cover distance if necessary. The low kick again was not the intent here, the power should continously be in this left hook.

7. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

8. Depending on whether they step back now or are against the ropes you can either step your right leg forward to your right or switch your feet by bringing your lead leg back as your rear leg comes forward in order to throw a hard lead leg low kick to the outside of your opponent's rear leg. You can also utilise a long guard whilst doing it by keeping your lead arm out in front of you.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Immediately step to your right with your rear leg and slip to the outside with your head as your opponent attacks you with their lead jab.

3. Counter straight away with a right straight punch by pivoting your back foot and turning your hip over.

4. Straight away pivot your left foot, pull your right shoulder back and throw a left hook

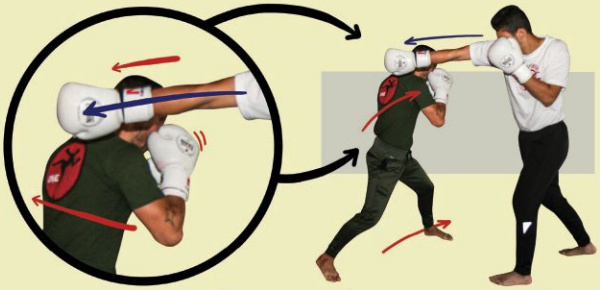
When you slip the jab you have two options you can utilise with your footwork. Stepping back to your right with your rear leg as you slip will ensure you are safer and at distance. However, this gives your opponent more time to react to any potential counter you may throw. Or, you step straight to your right at a 3 o'clock angle as you slip to ensure your distance does not change. This is a riskier option but will allow you to counter quickly and thus potentially KO your opponent.

5. Once you see your opponent has planted his feet under the pressure of the boxing counter, take a large step out with your lead leg to come off the centre line.

6. At the same time throw a hard right chopping low kick to their lead leg.

7. Recover your stance quickly whilst assessing your opponent's reaction to the previous strikes.

TECHNIQUE 5 CONTINUED



Drop your left shoulder a bit as you slip across, lean left and chamber the hook.. Guard up!

8. As your opponent steps in to throw a right straight punch, immediately step to your left with your lead leg, pivot your back foot and slip your head to the outside.

9. From this rotation of the right shoulder, use your legs to then generate power by rotating your body to your right and pivoting hard into a left hook to the body. Aim just under your opponent's guard in order to target their liver.

10. In the moment they have their hands down and are off balance by the body shot, pivot your body strongly to your left and sit into your stance to load up your left hip.

11. Use your legs to then generate power by stepping forward slightly and pivoting hard into a left hook to the head.

12. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

13. Depending on whether they step back now or are against the ropes you can either step your right leg forward to your right or switch your feet by bringing your lead leg back as your rear leg comes forward in order to throw a hard lead leg low kick to the outside of your opponent's rear leg. You can also utilise a long guard whilst doing it by keeping your lead arm out in front of you.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Step forward with your lead leg and throw a jab. You are looking at his body language for signs that he wants to attack back at this point.

3. As your opponent commits to throwing a counter jab, slip to the inside and intercept with a right cross. The timing of this is important. You are looking to hit them before they manage to extend their arm. It is an interupting punch.

4. From this rotation of the right shoulder, follow this by bending your legs and rolling under the punch if it has come out or just to help create a new angle safely and reduce the risk of a counter left hook. It is important to keep your guard high though when slipping and rolling in kickboxing because of the risk of kicks to the head.

5. As you come out of the roll you should be stepping to your right to come to the other side of the centre line and ensuring your right shoulder/hip are at the rear as you sit into a lower stance.

6. Use your legs to then generate power by pivoting the back foot, rotating the body and throwing a hard right straight punch to your opponent's head.

7. Follow this with a switch of your feet by bringing your lead leg back as your rear leg comes forward to throw a lead leg low kick to the inside of your opponent's lead leg. You can also utilise a long guard whilst doing it by keeping your lead arm out in front of you.

8. Immediately recover your stance by landing your lead leg forward from the kick. As your opponent's stance should now have been compromised, grab the top of their head with your rear hand. This single arm clinch will allow you to pull as you throw a hard right knee to their face

9. Land the knee forward into a southpaw stance. At the same time, use the same hand you clinched with for the knee to push their head away from you towards your left.

10. Follow this with a power rear kick to their head, or preferably, their neck.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. As your opponent throws a jab, slip to the inside and intercept with a right cross. The timing of this is important. You are looking to hit them before they manage to extend their arm. It is an interupting punch.

3. From this rotation of the right shoulder, follow this by bending your legs and sitting deeper into your stance

4. Immediately throw a left body shot underneath their guard aiming for their liver.

5. In the moment they have their hands down and are off balance by the body shot, pivot your body strongly to your left, take a small step to your left with your lead leg and sit into your stance to load up your left hip.

6. Once the step has been taken throw the lead check hook to your opponent's head as you pivot out to between 60 and 90 degrees counter clockwise with your back leg. Not only are you changing the angle and hitting hard, you are steering him towards your right side with this punch, even if he blocks.

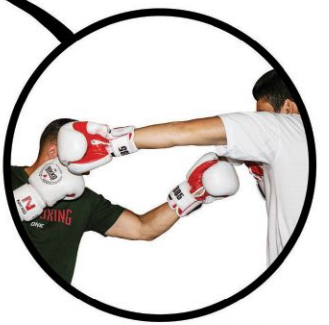
7. Ensure you land in a correctly balanced stance with your hips facing your opponent and then straight away take a small step to your left with your lead leg as you throw a hard right kick to their body. If done with speed, the new angle will make the kick land flush across the mid-section and thus make it more difficult to block.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. As your opponent throws a jab, slip to the inside and rotate your body to your left sitting deeper into your stance.

The Irish Jab takes some practice in the beginning but it is a very fast punch to utilise both as a counter and as an attack. Once your opponent's head as been popped up from out of their guard you will have multiple attacking options to follow up with.



Turn your body and throw the uppercut long, as you would a reaching jab.

3. Intercept with an irish jab. If you are unsure what that is, it is kind of a mix between an uppercut and a jab. Your palm remains side on with your thumb to the ceiling and you deliver it from your guard straight to their head. You are looking to pop their head up with the punch. You can use this as an intercepting punch or as a counter quickly delivered from the slip before their hand is able to get back to their guard.

4. Stay low in your stance and follow this with a right straight punch to their body by pivoting your back foot and turning your hip over.

5. Immediately rise up and pivot from this rotated position into a hard left hook. Not only are you hitting hard, you are steering him towards your right side with this punch, even if he blocks.

6. As the punch forces all their weight onto their lead leg, take a large step out with your lead leg to come off the centre line.

7. Straight away chop down with a hard right low kick to their lead leg.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Throw a rear leg teep to your opponent's mid-section. You want to stab with it as opposed to push them away.

3. As you recover your stance by bringing your rear leg back, don't flatten the heel onto the floor, stay on the ball of your foot to keep the energy and momentum.

4. Straight away throw a right straight punch to their body by pivoting your back foot and turning your hip over. You can take a small step with your lead leg here if you need to cover distance. Be careful though to avoid jamming your punch up by moving forward too much.

5. Depending on whether they step back now or plant their feet, you can either step your rear leg forward to cover distance or switch your feet by bringing your lead leg back as your rear leg comes forward if they stay stationary. At the same time reach across to the side of their head with your left arm, clinch and pull their head slightly forward to your left side in order to off balance them further and break their posture.

6. Immediately throw a hard left knee to their mid-section as you control with your single arm clinch.

7. Land your left leg forward close to them and put your right hand onto their shoulder as you start to remove your left hand from the clinch.

8. Straight away push with your right hand to both create space and as a way to continue off balancing them.

9. Follow this by switching your feet. Bring your lead leg back as your rear leg comes forward. At the same time retract your right hand back to your guard and start to extend your left in order to remain guarded on both sides of your head.

10. Throw a hard left kick to their body, aiming just under the guard and targeting the liver. You can also utilise a long guard whilst doing it by keeping your lead arm out in front of you.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Step forward with your lead leg and throw a hard jab.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. From this rotation of the right shoulder, use your legs to then generate power by rotating your body to your right and pivoting hard into another left hook to the body. Aim just under your opponent's guard in order to target their liver.

5. In the moment they have their hands down and are off balance by the body shot, pivot your body strongly to your left and sit into your stance to load up your left hip.

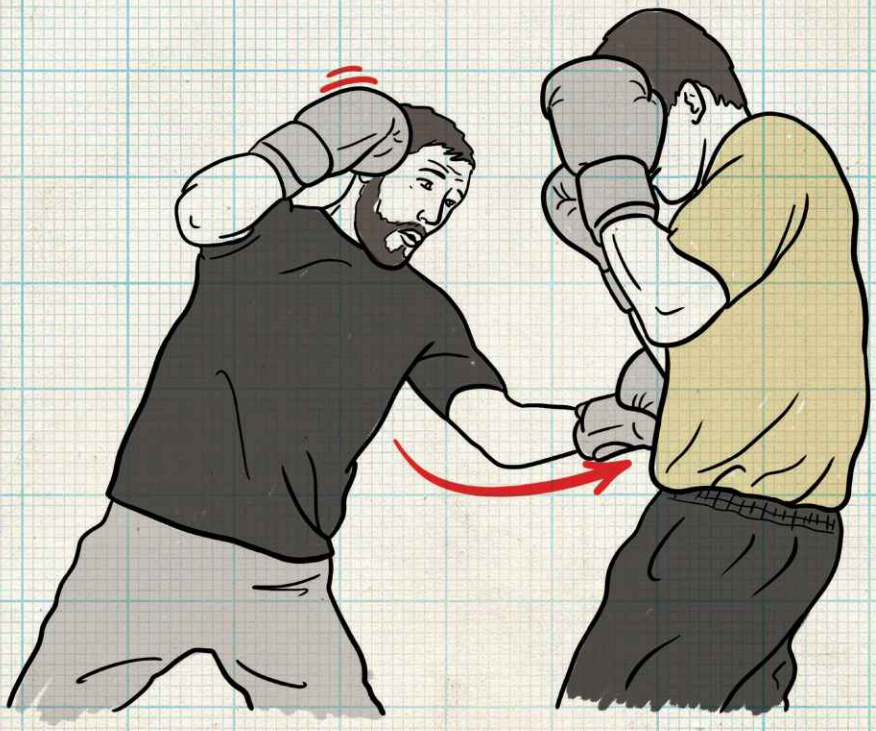
6. Use your legs to then generate power by stepping forward slightly and pivoting hard into a left hook to the head.

7. Straight away throw another right straight punch by pivoting your back foot and turning your hip over.

8. From this rotation of the right shoulder, follow this again by pulling it back into a lead hook to the body, aiming to land just under the guard and targeting the liver.

9. Once you see your opponent has planted his feet under the pressure of the boxing attacks, take a large step out with your lead leg to come off the centre line and chop down with a hard right low kick to their lead leg.

For further coaching with Andy scan the QR code:



MARTIN STAMPER

Liverpool born Martin Stamper is a British Olympic Taekwondo athlete, World Bronze medallist and Team GB Elite performance coach.

Martin has been involved in the sport of Taekwondo for almost 30 years. Starting at the age of 6 he loved the dynamic and explosive nature of taekwondo and was instantly hooked. He was a successful junior winning 4 British titles and a European silver medal before being selected to join the Great Britain Taekwondo academy in 2006.

During almost 10 years with the academy, he achieved success at European and World level, he also represented Great Britain at the 2012 Olympic games narrowly missing out on a medal placing 5th overall.

Martin retired as an athlete aged 29 and transitioned straight into a coaching role at GB Taekwondo. Five years on Martin is a world renowned coach having achieved many major medals with his athletes including coaching Bradly Sinden to gold in Manchester in 2019 to become Great Britain's first ever male World Champion.

Accolades:

- 5th Place Olympic Games
- World Bronze Medallist
- 3 x European Medallist
- 10 x British Champion
- GB coach of the year award winner

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Taekwondo Spinning Kicks for Combat Sports

In modern Taekwondo athletes get 4 points for a spinning kick to the body and 5 points for a spinning kick to the head. This alone can change a match completely once even one has been landed. To the point that some people can score one spinning kick and then win without having to land anything else as it can be hard for opponent's to pull that sort of deficit back.

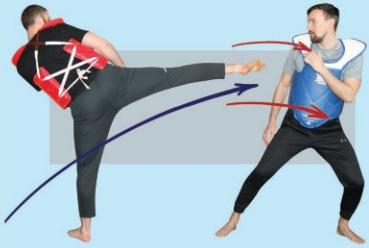
Spinning kicks may seem like quite a niche thing for someone to specialise in. But when you see how someone can win quite convincingly in Taekwondo through scoring highly on each landed strike or by stopping an opponent completely in full contact disciplines such as Kickboxing or MMA, it becomes easier to understand the benefits that can be gained by acquiring this level of skill in one specific area. I have always found spinning kicks to be something I have used successfully within my own competitive career. I have also seen the athletes I coach rise up the rankings by developing their game in this respect as well.

In the combinations and drills that follow I hope to help you take your understanding of spinning kicks to a new level. By training these sequences consistently, your ability with these strikes should increase dramatically and thus lead to greater success within whatever combat sport discipline you compete in.

TECHNIQUE 1

1. Start facing your opponent in an open stance.

2. Slide forward towards your opponent ensuring you keep balanced and your weight evenly distributed in your stance. In this instance you are looking to bait your opponent to attack.



3. As your opponent throws a back leg roundhouse kick, slide straight back out of range in order to both avoid the attack and create space once more.

4. As your opponent recovers their stance by landing their kicking leg forward, keep looking for any potential mistakes ie are they off balance, out of position etc.

5. Let them get comfortable by allowing them to return to their original position without countering.

TECHNIQUE 1 CONTINUED

6. Once again, slide forward towards your opponent ensuring you keep balanced and your weight evenly distributed in your stance.

7. Anticipating the same back leg attack this time, which is now likely to be overcommitted due to them missing previously, immediately start to pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, you are going to switch your feet as opposed to jumping. As you rotate your body and turn your feet, your lead foot is going to move back to where your rear foot was. At the same time bring your back leg towards your opponent into the chamber.

8. Without over rotating, you should be looking over your left shoulder as your left chamber stays tight to your standing leg prior to firing the counter back kick to your opponent's mid-section. You are aiming to hit with the heel.

A LOOK AT THE COUNTER BACK KICK FROM THE OTHER SIDE

9. In this instance be careful not to move away from your opponent. Meet his attacking movement with the kick. Pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, you are going to switch your feet as opposed to jumping. As you rotate your body and turn your feet, your lead foot is going to move back to where your rear foot was. At the same time bring your back leg towards your opponent into the chamber.

10. As you are doing this, ensure to look over your shoulder to spot your target, keep your left knee chamber tight to your other leg and thrust your hip/leg towards your opponent.

11. Make sure you don't over rotate as you extend the kick and drive it into their mid-section using your heel.

TECHNIQUE 2

1. Start facing your opponent in an open stance.

2. Slide forward towards your opponent ensuring you keep balanced and your weight evenly distributed in your stance. In this instance you are looking to bait someone who likes to punch to attack.

3. Make sure you remain at a point where they have to step to initiate their strike to give you time to react.

4. As your opponent throws a rear straight punch, slide straight back out of range in order to both avoid the attack and create space once more.

5. As your opponent recovers their stance, once again slide forward towards your opponent ensuring you keep balanced and your weight evenly distributed in your stance.

6. Anticipating the same punch again, which is now likely to be overcommitted due to them missing previously, be ready to execute the counter as soon as they look to initiate their attack.

7. Immediately start to pivot your front foot to the back in an anti-clockwise direction. Whilst doing this, you are going to switch your feet as opposed to jumping. As you rotate your body and turn your feet, your lead foot is going to move back to where your rear foot was. At the same time bring your back leg towards your opponent into the chamber. Without over rotating, you should be looking over your left shoulder as your left chamber stays tight to your standing leg prior to firing the counter back kick to your opponents mid-section. You are aiming to hit with the heel.

From this view on the other side, you can see more clearly that you land the kick without having to block your opponent's attack. You need to fully commit to the counter back kick and time it correctly. If you do this then you will be in no danger of their attack landing as you turn because you will be hitting first and pushing off them with the strike to re-create space/distance.

TECHNIQUE 3

1. Start facing your opponent in a closed stance.

2. Put your weight back, lift your lead leg into a low chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg checking side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

5. Straight away through a back leg roundhouse kick towards your opponent's mid-section knowing that it is likely they will step back to avoid the shot.

TECHNIQUE 3 CONTINUED

6. Recover your stance and balance by landing your kicking leg forward. You are baiting your opponent here to throw a kick towards your open side by simulating a mistake with the previous kick's range.

7. As they step forward to initiate a counter attack, immediately start to pivot your front foot to the back in an anti-clockwise direction.

8. Whilst doing this, you are going to switch your feet as opposed to jumping. As you rotate your body and turn your feet, your lead foot is going to move back to where your rear foot was. At the same time bring your back leg towards your opponent into the chamber.

9. Without over rotating, you should be looking over your left shoulder as your left chamber stays tight to your standing leg prior to firing the turning hook kick to your opponent's head. You can hit either with your heel for greater damage or sole of the foot for greater reach.

Don't start the hook kick wide. Keep the chamber tight to your standing leg and then execute the kick as close to your opponent's head as you can. Again, as with the previous section on the turning back kick, you need to fully commit to your strike and time it correctly. If you do this then you will be in no danger of their attack landing with any power as you turn because you will be hitting first. Even if they do manage to glance you with it, your spin removes your body as the target area and your strike will ensure they cannot follow through with their own bodyweight into the shot.

TECHNIQUE 4

1. Start facing your opponent in a closed stance.

2. Chamber your rear knee high towards your opponent.

3. Extend your leg to throw the back leg front kick to your opponent's mid-section. You are aiming to control the distance primarily with this kick.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

5. Switch your stance back to closed by bringing your front leg back and your rear leg forward.

6. Straight away pivot on your front leg in an anti-clockwise direction to throw a fast rear leg low kick to your opponent's lead leg.

TECHNIQUE 4 CONTINUED

7. Immediately recover your stance by landing your kicking leg back behind you to recreate space/distance from your opponent.

8. Straight away pivot on your front leg in an anti-clockwise direction to feint the same fast rear leg low kick to your opponent's lead leg. You are looking to draw a reaction here in the form of them trying to block with their lead leg.

9. Don't extend your leg. Land it forward and across to your left. As you land it down on the floor, start to turn it towards your back foot in an anti-clockwise direction if you can.

10. As you do this you should be rotating your body and turning both feet. At the same time bring your back leg towards your opponent into the chamber. The aim here is that as they put their blocking leg back down onto the ground, they will almost fall into your counter strike with their body weight, maximising its impact.

11. Without over rotating, you should be looking over your left shoulder as your left chamber stays tight to your standing leg prior to firing the spinning hook kick to your opponent's head. You can hit either with your heel for greater damage or sole of the foot for greater reach.

This sequence and set up requires you to have good control of the distance throughout. The fake into spinning hook kick needs to be done quickly and sold well in order to activate your opponent's automatic defensive response. This then needs to be followed with an equally fast spin for the kick to land cleanly.

TECHNIQUE 5

1. Start facing your opponent in a closed stance.

2. Put your weight back, lift your lead leg into a low chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg checking side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/ distance from your opponent.

5. Straight away drift to your left in your stance in order to encourage your opponent to mirror your movement and go to their left.

6. If they take the bait then they should move towards your right.

7. As they do this, immediately start to pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, look over your left shoulder and turn your feet, bring your back leg towards your opponent into the chamber.

You should not shift or pre-empt the back kick here with any other movement or techniques. As soon as your opponent moves to your right you need to be able to execute the kick quickly.

8. Given that you are likely to be at a slightly longer distance, you will need to slide forward towards your opponent as you extend your leg and drive the direct attack back kick into their mid-section using your heel.

9. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent.

TECHNIQUE 6

1. Start facing your opponent in a closed stance.

2. Put your weight back, lift your lead leg into a low chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg checking side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/ distance from your opponent.

5. Straight away drift to your left in your stance in order to encourage your opponent to mirror your movement and go their left.

6. If they take the bait then they should move towards your right.

7. As they do this, immediately start to pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, look over your left shoulder and turn your feet, bring your back leg towards your opponent into the chamber.

8. Without over rotating, you should be looking over your left shoulder as your left chamber stays tight to your standing leg prior to firing the spinning hook kick to your opponent's head. You can hit either with your heel for greater damage or sole of the foot for greater reach.

9. Immediately recover your base by either landing your kicking leg forward into open stance and then moving back to recreate space/distance from your opponent or by spinning the kick all the way through the target and landing your leg back behind you into a closed stance.

TECHNIQUE 7

1. Start facing your opponent in a closed stance.

2. Chamber your rear knee high towards your opponent.

3. Extend your leg to throw the back leg front kick to your opponent's head. You are aiming to make them flinch and step back by threatening them with the head kick. You want to keep them on the back foot.

4. Immediately recover your stance by landing your kicking leg forward.

5. As you do this, start to pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, ensure both feet turn away from your opponent.

TECHNIQUE 7 CONTINUED

6. Continue the motion by lifting your back leg off the floor slightly and turning it towards your opponent as you continue to rotate anti-clockwise to face them.

7. You are aiming to get your body and chamber facing directly at them with this circular movement. Ensure to keep your foot low whilst spinning to ensure speed is maximised.

8. The finish is accomplished by then skipping your left leg down to your left as you scissor your right chamber up.

9. As soon as you do, you are going to initiate the end of the 360 tornado kick by chambering your lead leg a little bit higher towards your opponent to help give you momentum.

10. At the same time, extend your right roundhouse kick into their mid-section. You are aiming to hit with the instep of the foot.

PRO TIP!

You can use this tornado kick to either the open or closed side but if you do it to the closed side as shown here, it is harder for them to counter you with a spinning kick of their own.

TECHNIQUE 8

1. Start facing your opponent in an open stance.

2. Pivot your lead foot anti-clockwise and chamber your rear knee high towards your opponent.

3. Extend your leg to throw the back leg roundhouse kick to your opponent's head. You are aiming to hit them with this kick but it does not matter if they lean back out of the way to avoid it or if it is simply a glancing shot.

4. Immediately recover your stance by re-chambering and landing your kicking leg forward to the outside of your opponent's lead leg. Ideally you want to land it slightly back towards you as well if you can.

5. As you do this, start to pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, ensure both feet turn away from your opponent. Continue the motion by lifting your back leg off the floor slightly and turning it towards your opponent as you continue to rotate anti-clockwise to face them.

6. You are aiming to get your body and chamber facing directly at them with this circular movement. Ensure to keep your foot low whilst spinning to ensure speed is maximised. As soon as you do, you are going to initiate the end of the 360 tornado kick by chambering your lead leg a lot higher towards your opponent's head to help give you momentum.

7. The finish is accomplished by then skipping your left leg down to your left as you jump and scissor your right chamber up. At the same time, extend your right roundhouse kick into the side of their head. You are aiming to hit with the instep of the foot.

8. Immediately recover your stance by landing your kicking leg forward to the outside of your opponent's lead leg.

9. Step your leg back to change back to open stance in order to recreate space/distance.

TECHNIQUE 9

1. Start facing your opponent in a closed stance.

2. Put your weight back, lift your lead leg into a low chamber and slide forward fast to cover distance.

3. As you get to the correct range, throw a lead leg checking side kick to your opponent's mid-section. You are aiming to hit with the heel. You are using this kick to control the distance and measure your opponent's response.

4. Immediately recover your stance by landing your kicking leg forward and then moving back to recreate space/distance from your opponent. Ideally at this point your opponent will be near to the edge of their fighting space, thus ensuring they feel the need to reclaim the distance.

5. If you have achieved this, your opponent is likely to try to press back and initiate movement or a counter attack of their own.

6. As you see their lead leg chamber come up you should be starting to turn. Very often they are not even trying to kick. They are just as likely to be simply trying to recover the space they have lost by threatening with the high knee.

7. Make sure you pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, ensure both feet turn away from your opponent and spot your target over your left shoulder.

8. At the same time make sure you lean further away, start to lift your back leg off the floor and aim to push your hip towards the outside of your opponent. Keep the leg as straight as you can as opposed to chambering it.

9. To finish this low spinning hook kick, you should aim to get your body almost perpendicular to the floor as you extend your leg out in an upwards angle towards your opponent's mid-section and drive your heel into it.

TECHNIQUE 10

1. Start facing your opponent in a closed stance.

2. Pivot your rear foot anti-clockwise and chamber your lead knee high towards your opponent. You can slide as well here if you need to cover distance. It can often happen where your opponent initiates the same attack as you at the same time

3. As you both press forward aiming to land the same shot, you will undoubtedly clash legs. Ideally at this point you want to ensure you keep your chamber higher than your opponent's so that they cannot counter over the top.

When you clash chambers as shown here, you are essentially battling for position. Ensure you keep your chamber high to try and land a kick over the top. Even if this fails, it will force theirs to go higher and limit their ability to throw any kick at you effectively. This will also have the added benefit of opening them up more on their open side as they strive to retain balance and control of the high chamber.

4. Immediately recover your stance by landing your kicking leg forward.

5. Put your weight back, lift your lead leg into a chamber and once again threaten with the lead kick.

6. As they take the bait and start to counter once more by raising their own chamber higher to beat yours. Recover your stance straight away by landing your kicking leg forward.

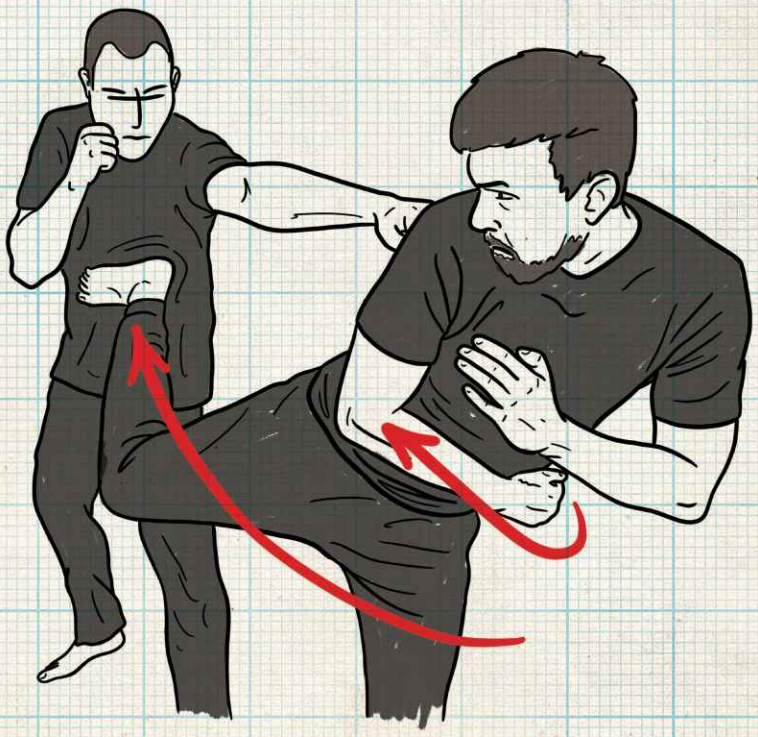
PRO TIP!
Very often you are not going to land the first kick you attack with. It is important therefore to develop an effective system for creating openings and drawing reactions from your opponent in order to land significant strikes.

7. Immediately, pivot your front foot to the back in an anti-clockwise direction. As you rotate your body, ensure both feet turn away from your opponent and spot your target over your left shoulder.

8. At the same time make sure you lean further away, start to lift your back leg off the floor and aim to push your hip towards the outside of your opponent. Keep the leg as straight as you can as opposed to chambering it.

9. To finish this low spinning hook kick, you should aim to get your body almost perpendicular to the floor as you extend your leg out in an upwards angle towards your opponent's mid-section and drive your heel into it.

For further coaching with Martin scan the QR code:



DAMIEN TRAINOR

Damien Trainor is a multiple times Muay Thai World Champion and founder/head coach of his own gym, K-Star Legacy, in Birmingham, England. As well as being a successful athlete himself, he has also been involved with coaching, and helping coach, fighters signed to a multitude of different promotions around the world, including the likes of UFC, Bellator and Glory.

Damien started his training in Muay Thai when he was just 14 at a gym called K-Star, which was located not far from where he grew up in Birmingham, England. After winning numerous regional and national titles as a schoolboy, he turned pro and stepped up into the adult rankings. It did not take long for him to make a name for himself, and at the age of just 17 years old, he became the English Champion. This was followed only a year later with achieving the No 1 spot in the UK by winning the British title.

After gaining several European titles from various governing bodies, Damien got bored of the UK scene and moved over to Thailand. There he was able to dedicate himself more to training and competing. During this time he fought all over Asia and added the Hong Kong title to his list of accolades.

After returning home Damien went on to win two World titles with the WMC and IKF, further reinforcing his standing as one of the most well-known Muay Thai fighters to come from the UK.

Accolades:

- WAKO Pro & WMTO British Titles
- WMC, IKF, WMTO & WKL European Titles
- Hong Kong Title
- WMC MAD & IKF World Title

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Combination Counters

Being able to defend and counter an opponent's attack is a key factor in any combat sport. If you're able to do this effectively then it's quite easy for you to gain control of the contest.

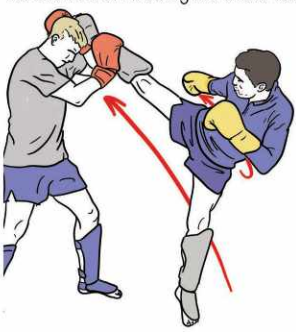
In this topic I go over a number of counters against a variety of common attacks which you'll see in any striking sport.

Remember, fighting is as much mental as it is physical and even though the drills in this topic are practiced in a physical way, they very much attack your opponent's mental state. Countering them effectively will start to make them second guess every move they do making it easier for you to control them.

Each technique in this topic is aimed at getting the practitioner to throw three or four shots against their opponent's one.

To increase higher combination work in a contest you have to double the output in training. If you only do three hit combinations in training then the chances are, in a fight, you'll only throw two. If you get used to throwing five, six, seven, eight shots in training then in a fight you'll start throwing in a higher number too.

The chances of throwing the whole combination in a fight is unlikely, but as long as you drill them constantly then segments will flow without hesitation.



Also, when throwing combinations it's important to know how your opponent is likely to react. Once you're aware of this then it's easy to figure out which technique should follow. All the drills that follow take this into consideration and each shot sets up the next.

TECHNIQUE I

1. Start facing your opponent in orthodox stance.

2. When catching your opponent's right leg, you must make sure that you step across to the left. The reason for this is to take the power away from the kick. At the same time you want to twist to the right so the kick lands more against your lat muscle as opposed to your ribs.

3. Once you have the leg, you want to pull them towards you, making sure that you step your rear leg back as you do so. This will ensure that your weight is ready to be transferred back when you strike.

4. From here we're going to throw a right overhand punch. Take a step forward and dip as you release the leg. Your elbow should be locked in a right angle position while raising your shoulder at a 45 degree angle.

5. As you've twisted your hip with the punch your weight is now on your left leg. This means you are now in a good position to fire a heavy left hook.

6. If the punch lands or if it's blocked your opponent's head is going to be knocked to their left. This is a great opportunity to throw the right head kick. Even if both shots are blocked this will really rattle your opponent, giving you a number of options as to what you can then do after.

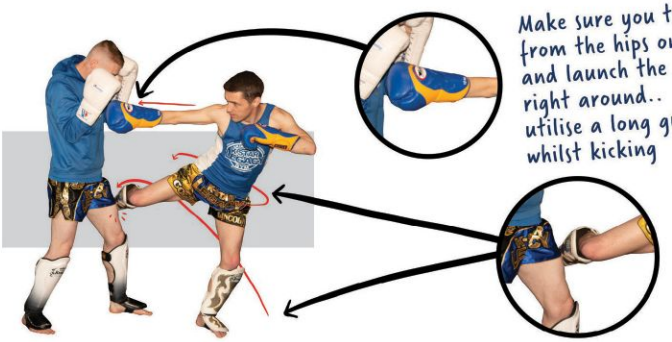
TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. As your opponent jabs you're going to drop straight down to avoid the punch. As you do this you must step forward with your lead leg while pushing a stiff jab out at the same time.

3. Your opponent will usually throw a cross after the jab so following your jab you're going to slip to the outside while throwing your own right cross. The reason for this is 1) you'll avoid their attack 2) they'll be open through the middle as they attack allowing you to take full advantage of it.

4. After your cross you're going to follow up with a left hook. The hook will knock your opponent's weight on to their lead leg making it difficult for them to lift it. For this to be effective you must make sure that you have full body rotation when firing your hook.



5. This now is the best time to land a heavy low kick as it will be hard for them to defend.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. As your opponent jabs you're going to slip to the outside of the punch.

3. Once slipped you're going to counter with a curling right cross. You must curl the shot in order to get over their shoulder.

4. After the curling cross you're going to continue the head attack with a left hook.

5. If your opponent manages to defend the hook then it means he's probably open down the middle so from here you're going to throw a right cross.

6. With all the punches so far to the head it's likely his guard will be high. This would now be a good time to land a heavy body punch.

7. If the punch lands or is defended there's a high chance that your opponent will be squatted down slight making it easy to land with a big leg kick.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. You're going to defend their left push kick with your lead elbow. Make sure the point of contact on your opponent's leg is by their ankle and that you keep your left hand up by your face when doing it. It's also important that you twist your body when you do this. The reason for this is to make sure that if you've misjudged the distance, the kick will still slide off the body.

3. Blocking like this will force your opponent to fall forwards and opens them up down the middle. This is a good time to throw a powerful right hand.

4. After the cross we are now going to rip hard to the body. Make sure that as you throw the cross you drop your right shoulder forward as this will put you in prime position for the body punch.

5. It's not often one shot to the body finishes someone off, it's usually an accumulative effect. After the body punch we're going to finish the combination off with a right long knee. When kneeing you must have your arm up on the same side as your kneeing leg while bringing your opposite arm across covering your face. This will give you added protection when throwing an attack like this.

PRO TIP!

After the body shot it's important to step with the lead foot just before the knee. The step helps you to generate more power with the knee as you drive off the floor.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. Catch the right body kick. Make sure that when catching the kick you step in the same direction the kick is going. This will take away some of the power in the kick. Also remember to twist slightly so the kick hits more of your lat muscle as opposed to your ribs taking the sting out of the kick.

3. After this you're simply going to drop the kick.

4. At the same time you're going to throw a right head kick. Many people tend to drop their guard slightly when their leg is caught.

5. After the strike you're going to use the pull back of the kick for momentum to fire a right hook. The movement would be similar to a superman punch but without the jump.

6. Due to the twist of the right hook you'll have a lot of momentum for a big left hook.

7. The hook will have forced your opponent weight on to his lead leg making it a great target for a big low kick.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. When your opponent throws a right low kick you're going to defend it by raising your lead leg. When doing this, It's important to remember that your shin points out at a 45 degree angle. This is to make sure the defence is quick along with limiting the shin on shin contact. The idea is to get their foot to connect with your shin. This will mean the harder they kick the worse it will be for them.

3. After you've blocked you're going to step in to your opponent and throw a big right cross. You want to try and land it just before they return from the kick.

4. A common attack after a right cross is the left kick. So from here we're going to pretend to throw a left kick by switching our feet like we would to perform the left body kick. Our opponent should react to this by getting ready to defend. Switching our lead foot behind puts us into a southpaw position so we're going to follow our power right cross with a power left cross.

5. Staying in a southpaw position we're going to throw a right hook. Again make sure you throw with full rotation.

6. After the hook we're going to land with a left body kick.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. As your opponent crosses, slip to the outside by turning your right shoulder forward.

3. Generally if someone is throwing straight shots they are often open through the middle so this puts you in a great position for a left uppercut.

4. With the chin popped up it's a good time to land a straight right cross.

5. There's going to be a split second pause as we drop down to the body. You want to put your opponent's elbows by his side so you can attack through the middle again. Then throw a left body punch.

This combination is set in a pattern of 2 strikes, 2 strikes, then three strikes.

6. Quickly followed by a right body punch.

7. From here you're going to reload by putting the weight back on to your right foot. This will mean you can throw the right uppercut at full force through the middle.

From the low hook stay in position, dip slightly back onto your back foot. Then launch up an uppercut with the same arm whilst they are still recoiling from the body blow!

If the hook lands or is blocked it doesn't matter. The idea is to push the head into the oncoming head kick.

8. After the uppercut you're going to throw a left hook. The reason for this is that you want to knock their head slightly to the side.

9. This will give you more impact as you throw the right head kick to finish.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance

2. Your opponent steps forward with their right leg in an attempt to set up the left knee.

3. As they step in you're going to step to the outside of their front leg while starting to pivot off.

4. You use this pivoting off motion to start the mechanics for your left hook.

5. Follow straight on with a right cross.

6. As your opponent raises his hands, kick hard to the body.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Catch your opponent's lead leg front kick.

3. Push your opponent's leg out to the side to leave them exposed and off-balance.

4. Capitalise on the imbalance and hit them with a left hook to the body.

5. Immediately launch over a right overhand punch.

6. Keep on the pressure with a high left hook.

FROM HERE YOU HAVE A CHOICE OF WHERE TO THROW THE ROUNDHOUSE KICK, USE YOUR JUDGEMENT TO THROW IT; LOW, MID LEVEL OR HIGH.

A

B

C

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Throw the jab.

3. Straight into the right cross.

4. Prepare for retaliation and defend against the incoming elbow.

5. Parry that elbow away to your left, leaving open your opponent's head.

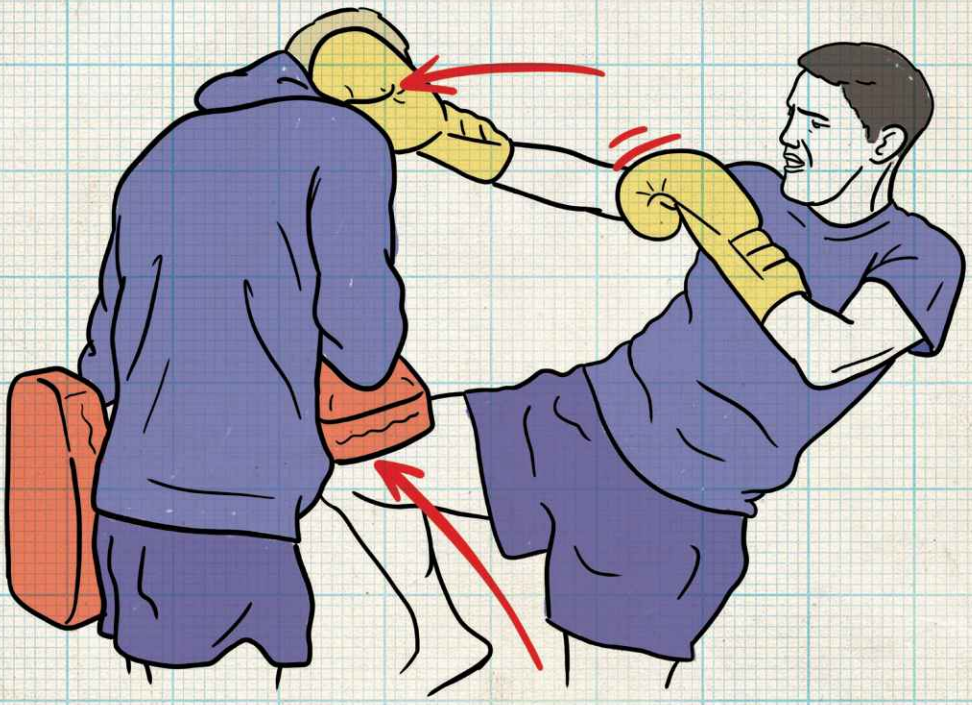
6. Roll off that parry straight into an elbow to the head.

7. Follow it with a left hook.

8. Then finish hard with a big rear leg knee to the body.

When blocking the elbow make sure your forearm is running vertically in line with your eye with the sharp edge of your arm facing the oncoming elbow.

For further coaching with Damien scan the QR code:



GREG WOOTTON

Greg Wootton is a two time Muay Thai world champion from London, England.

He began training at 15 years old at KO gym in East London. He remained there for the entirety of his career. Greg started fighting quickly after joining KO Gym and climbed the U.K. rankings over the next few years. Living in Thailand showed him the levels to reach for and how much work is needed to be up there with the best. Alongside training and achieving a WMC World Title, Greg also studied for a degree in sports science which he uses to help with coaching Muay Thai.

Alongside the WMC World title, he also won an Enfusion Live Kickboxing World title and achieved the No 1 position in the UK rankings. Along the way he fought around the world and competed against some of the best in the sport, including a victory over one of Thailand's most decorated ever fighters, Petchboonchu FA group, as well as top UK fighters Panicos Yusuf and Paul Karpowicz.

Although Greg's fight career was cut short due to injury, he remains hugely active on the scene and coaches' various high-level fighters in and around Los Angeles, where he now currently resides full time.

Accolades:

- WMC World Champion
- Enfusion Live Kickboxing World Champion
- Former UK No 1 ranked fighter
- Wins over elite fighters including Petchboonchu FA Group

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Guard Changes and Creating Angles to Attack in Muay Thai

One of the main reasons I chose to use guard changes as the theme of my chapter in this book is because it forms a big part of my personal fighting style. If you enjoy watching Muay Thai and were then to watch any of my own fights, you will notice that this aspect distinguishes me from many of my peers.

In my opinion, if you are able to guard change whilst sparring or fighting, it makes you a more versatile and well-rounded athlete.

Simply by switching from orthodox to southpaw, you will be able to take advantage of a whole range of new openings and angles. Add into the mix doing this mid combination and you make it especially hard on your opponent to be able to read what your intent is. A fighter that trains to be equally strong in both stances and works guard changes regularly will have an advantage over a large number of their opponents.

Also, if you get an injury mid-fight and need to change guard to protect or limit damage on a certain limb or part of your body, then you will be able to do this without losing your ability to be competitive.

The combinations and drills you see here are those that I would have used, or used parts of, within my own career. Like anything within combat sports, they are not set in stone. However, using these as a base for developing your ability to guard change and create angles will allow you to become more proficient at this style of fighting. After which you can then tweak them by swapping in different ranges or techniques, or coming up with completely new ones to practise utilising the same concepts.

TECHNIQUE 1

1. Start facing your opponent in orthodox stance.

2. Take a step forward and to your right with your back leg whilst throwing a low kick to the inside of your opponent's lead leg.

3. Land the leg behind you into a southpaw stance. At the same time coil your right shoulder back and ensure your left foot is pivoted upon landing.

4. Immediately pivot your right foot and throw a right hook to your opponent's head. I like to turn my hand palm towards my opponent (similar to an overhand punch position) so that I can make the punch longer and screw it in at more of an angle.

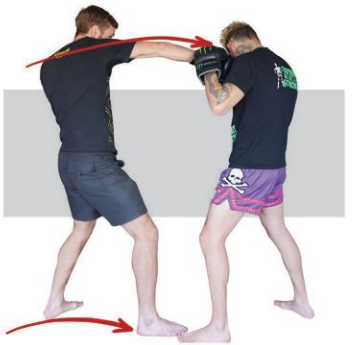
5. Straight away take a small step to the outside of your opponent's lead leg with your right foot and deliver a hard left body kick to their mid-section.

6. Land your left leg forward to recover your orthodox stance and step back to create space.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance

2. Take a step with your lead leg towards your opponent and throw a hard left jab.



3. Immediately follow this by stepping your rear leg forward into a southpaw stance. At the same time, throw a right straight towards their head. You will need to screw your punch to ensure that it is both effective and capable of getting past their guard.

4. Continue pressuring forward by then throwing a hard long left knee to their mid-section. Whilst doing this ensure you reach out with your left hand to keep a long guard in use to both control their posture and help maintain distance.

5. Drop your left leg down forward back into an orthodox stance. Make sure you land close as this will act as the step for the next technique.

6. Immediately pivot your back foot and throw a hard right elbow to their head.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Block with your right shin by lifting your rear leg and turning it out at a 45 degree angle as your opponent throws a left low kick towards it.

3. Land your blocking leg forward so that you transition into a southpaw stance. As you do this coil your right shoulder back and pivot your left foot to make sure your weight is loaded up over your right hip.

4. Immediately pivot your right foot and throw a right hook to your opponent's head. I like to turn my hand palm towards my opponent (similar to an overhand punch position) so that I can make the punch longer and screw it in at more of an angle.

5. Follow this by then throwing a hard long left knee to their mid-section. Whilst doing this ensure you reach out with your left hand to keep a long guard in use to both control their posture and help maintain distance.

6. Land your left leg back behind you back into a southpaw stance. Then straight away take a step out and to the right with your lead leg. The whole time try to keep your left hand out in the same long guard position.

7. Immediately use your left leg to sweep the inside of their lead leg hard. Whilst doing this use your left hand to push them down towards your left in order to further off-balance and break their posture.

When sweeping try to capture their foot by pulling your toes back towards you and hooking as low as you can manage on their ankle.

8. If the sweep is effective then they will drop to their knee and put their hands on the floor. At which point it is illegal to strike them in Muay Thai. If they don't fully go down then you can follow this with any relevant strike you wish.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Lift your lead leg slightly to sell the fake switch left kick to your opponent in order to draw a reaction.

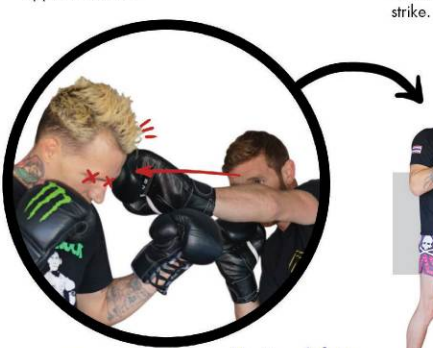
3. Immediately land the leg back behind you into a southpaw stance. As you do this ensure you sit into a deeper, lower position and coil your right shoulder back. Pivot your left foot to make sure your weight is loaded up over your right hip.

4. Straight away drive off the floor and throw a hard long right uppercut to your opponent's chin.

5. Follow this with a left straight punch. Make sure you pivot your back foot to turn your hip over and drive through your target with the strike.

PRO TIP!

In order to be effective with the fake, you will need to get your opponent wary of your left kick. If they are not reacting to defend your attack then you will not find the openings you are looking to create.



As well as blocking their vision you can also use the long guard arm to push them off-balance if their posture remains unaffected from the previous attack.

6. Leave your left arm out and turn it into a long guard to block their vision and control their head. As you do this take a step out to the right with your lead leg and move your back foot off line to drift into a new angle.

7. Immediately throw a hard left body kick to their mid-section from this new position when you see the optimum opening. Keep your long guard in use whilst doing so.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance

2. As your opponent throws the lead jab at you, move your back foot back to create space and catch their punch with the palm of your lead hand.

3. As they continue to pressure and step once more to cover the distance to initiate a cross, step your lead leg all the way back into a southpaw stance and immediately throw a long right uppercut to their chin.

4. Follow this by stepping your right leg forward slightly to the outside of their lead leg. At the same time throw a left straight punch. Make sure you pivot your back foot to turn your hip over and drive through your target with the strike.

5. Straight away throw a check lead hook to create a new angle. To do this, you hook punch with your right hand whilst pivoting your left leg 90 degrees clockwise behind you. This will take you completely off the centre line.

6. Immediately take a further small step to your right with your lead leg and throw a hard left body kick to their mid-section.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Immediately take a step towards your opponent with your lead leg. As you do this raise your right elbow and cut diagonally down with it across your opponent's head.

5. Straight away take a further small step with your lead leg towards your opponent and pivot your right shoulder back so that you can drive a left uppercut elbow under their chin.

Don't try to hold their hand down for long when stripping the guard. Simply push it down hard and then immediately pivot to throw the elbow.

6. As they raise their hands to defend the multiple elbows, capture their lead glove with your right hand and push it back down.

7. At the same time take another small step towards your opponent with your lead leg and pivot your back foot whilst throwing the right elbow across their head.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with right straight punch by pivoting your back foot and turning your hip over.

4. Immediately take a step to the outside of your opponent's lead leg with your back foot whilst throwing a hard left straight punch at the same time. It is important here to come off the centre line with your movement, bring both feet forward (not just move your front leg) and sit your weight down.

5. From this position rotate your hips and shoulders to then follow this with a right body shot from the southpaw stance.

6. Straight away coil your right shoulder back and pivot your left foot to make sure your weight is loaded up over your right hip.

When changing stance into the southpaw cross, make sure your head goes off the centre line so you don't walk onto any potential counter and drop your weight through your left hip and shoulder to get power into the punch.

7. Immediately pivot your right foot slightly, push off your legs and throw a right uppercut to your opponent's head.

8. Follow this by pivoting your left foot, pulling your right shoulder back and throwing a left hook to their head. Because of the angle you should now be in, you should be aiming to come through the middle of his guard.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Follow this with a right straight punch by pivoting your back foot and turning your hip over.

4. Immediately pivot your left foot, pull your right shoulder back and throw a long left hook.

5. Straight away throw a long rear knee to their mid-section. As you do this, you want to let your right arm swing down to help increase power and bring your left arm high across to become the guard for both sides of your head if necessary.

6. Land your right leg forward into a southpaw stance straight after the knee. Aim to land just outside your opponent's lead leg if you can. At the same time use the swing of your right arm going down to loop and become a right hook to their head.

7. Follow this with the left overhand elbow ie cutting diagonally/vertically down by pivoting your back foot and turning your hip over.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. Put your weight back, chamber your front leg and throw a lead teep to their mid-section.

3. Land your lead leg forward from the kick and throw a right straight punch by pivoting your back foot and turning your hip over.

4. Immediately pivot your left foot, pull your right shoulder back and throw a long left hook.

PRO TIP!

Stepping back and changing stance offers the ability to create greater distance than simply moving back in the same guard. Very often this can buy you the time needed to counter more effectively as your opponent presses forward to initiate their own attack.

TECHNIQUE 9 CONTINUED

5. Follow this by taking a short step forward and to your left with your lead leg and throw a right body kick to their mid-section. Whilst doing this ensure you reach out with your right hand to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

6. Land your kicking leg back behind you into a balanced orthodox stance.

7. Straight away take a full step back with your left leg to create distance between you and your opponent whilst shifting into a southpaw stance.

8. As your opponent steps toward you to chase for the counter, chamber your back leg and throw a hard teep to their face. Aim to hit with the heel or flat of the foot as opposed to the ball of the foot more commonly utilised with this kick.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Throw a lead jab to your opponent's head.

3. Take a step forward and to your right with your back leg whilst throwing a low kick to the inside of your opponent's lead leg. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

4. Land the leg behind you into a southpaw stance. At the same time leave your left arm out in long guard, coil your right shoulder back and ensure your left foot is pivoted upon landing.

5. Immediately take a step forward and to your right with your lead leg whilst throwing a body kick to their mid-section. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

6. Land the leg behind you into a southpaw stance. At the same time coil your right shoulder back, sit your weight down and ensure your left foot is pivoted upon landing.

TECHNIQUE 10 CONTINUED

7. Straight away use your legs to drive from the lower stance, pivot your right foot, pull your left shoulder back and throw a long right hook.

8. Immediately take a step forward and to your right with your lead leg ensuring you take yourself off the centre line.

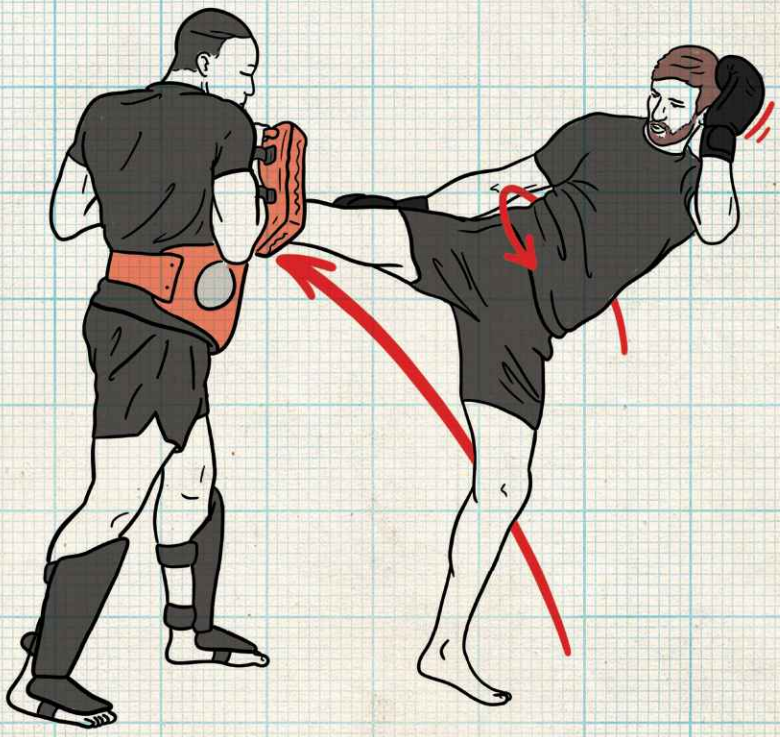
9. At the same time throw a hard left low kick to the inside of your opponent's lead leg. Whilst doing this ensure you keep your left hand out to utilise a long guard in order to keep a tighter defence and help maintain distance if necessary.

10. Land the leg behind you into a southpaw stance. At the same time leave your left arm out in long guard, coil your right shoulder back and ensure your left foot is pivoted upon landing.

11. Straight away use your legs to drive from the lower stance, pivot your right foot, pull your left shoulder back and throw a hard right uppercut.

The last low inside low kick should be thrown hard so as to disturb their base. The aim is to get your opponent to drop their hands and position whilst trying to keep balance. This then gives you the opportunity to deliver what could potentially be a KO uppercut.

For further coaching with Greg scan the QR code:



PANICOS YUSUF

Two-time Muay Thai World Champion Panicos Yusuf is originally from Limassol, the second-largest city in the island nation of Cyprus.

He spent a lot of time playing outside, climbing trees, and swimming as a child, but later had to start going to work with his father at the age of 8. He briefly studied Shotokan Karate, but didn't seriously train in martial arts until he discovered Muay Thai when he was 15 years old.

Panicos first started practising Muay Thai for fitness and self-defence, but soon realized it meant much more than that to him. Two months after stepping into the gym for the first time, he entered his first Muay Thai bout. He then competed extensively for the Cyprus national Muay Thai team, travelling all the way to Russia and Lebanon to test his skills in the ring.

In 2005, Yusuf relocated to Manchester, England, to be with his wife and opened his own gym named All Powers. He has since compiled almost 40 wins in his professional career and has been no 1 ranked in his weight division on numerous occasions throughout this period.

Alongside his many competitive successes, he has also become of the most sought after Muay Thai coaches in the UK as a result of his very slick, "Thai" fighting style.

Accolades:

- World Muay Thai Champion
- European Muay Thai Champion
- Founder and Head Coach of All Powers Gym

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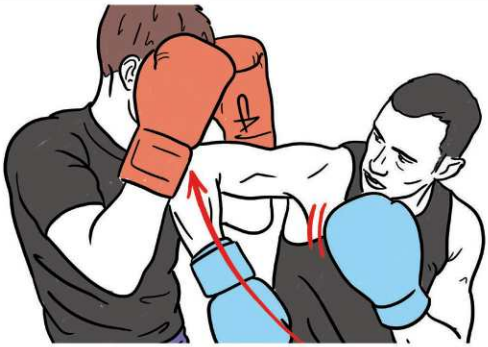
Setting up the Body Kick in Muay Thai

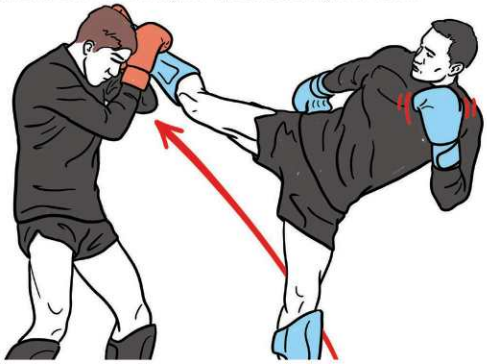


I chose to cover body kicks and how to set them up in my chapter because they are some of my favourite techniques to use whilst fighting. Anyone who knows me as a fighter is aware that I'm more of a counter technician and favour high scoring shots for Muay Thai.

In Muay Thai the body kick is deemed as one of the highest scoring strikes when landed successfully. So, tactically, it is one of the easiest higher scoring shots to throw in order to build a points lead over your opponent.

However, you cannot win a fight going backwards for the whole duration. There are times when it is necessary to go forward and engage first. For this reason, I wanted to demonstrate some of the ways I like to set up fast and effective body kicks.

In the combinations and drills that follow you will see me use strikes, feints and movement to create reactions, thus off-balancing my opponent before delivering the attack that is my real intent.



TECHNIQUE I

1. Start facing your opponent in orthodox stance.

2. Drop into a wider, slightly deeper stance by taking your left leg forward and your right leg back at the same time.

3. Straight away pivot your back foot and throw a hard right cross.

4. Immediately take small step forward and to your left with your left leg and follow the punch with a hard right body kick. Ensure you keep your left hand high and utilise a long guard with your right arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 2

1. Start facing your opponent in orthodox stance.

2. Switch stance by taking your right leg forward and left leg back at the same time. Aim to come slightly forward towards your opponent when you do this and try to land your right leg just outside of their lead leg.

3. Straight away pivot your back foot and throw a hard left cross.

4. Immediately take small step forward and to your right with your right leg and follow the punch with a hard left body kick. Ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 3

1. Start facing your opponent in orthodox stance.

2. Switch stance by taking your right leg forward and left leg back at the same time. Aim to come slightly forward towards your opponent when you do this and try to land your right leg just outside of their lead leg.

3. Pivot your left hip and feint the left cross by selling the movement in a fast, explosive twitch of your torso, shoulder and arm. As you do this take a further small step forward to the outside of your opponent's lead leg with your right foot.

4. Immediately seek to control the lead arm or guard of your opponent and pivot off your right foot, whilst bringing your left leg behind in a counter clockwork direction.

Control their arm so that you can stop them from moving away. You can also use this to pull them towards you if necessary to increase the power of the body kick even further. Just be careful not to move their guard down as this would end up getting in the way of your attack.

5. Keeping control of your opponent's lead arm, take another small step with your right foot to the outside of their body. Think of it is a small penetration step.

6. As you do this fire a strong left body kick to their mid-section from the new angle you have created. Ensure you switch your hand position by bringing your right hand high back to your face and utilising a long guard with your left arm. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 4

1. Start facing your opponent in orthodox stance.

2. Step forward with your lead leg and throw a hard jab.

3. Follow this with a right cross. Throwing this shot hard by pivoting properly will not only force your opponent to cover and raise their guard, it will allow you the ability to create more momentum for the next movement or strike.

4. Immediately take a short step forward and to your right with your back leg. Think of it is a diagonal movement to the outside of your opponent's lead foot.

5. Straight away throw a hard low kick to the inside of your opponent's lead leg. Ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

You are looking to hit hard enough to knock their lead leg out and disturb their base with this inside low kick. Take their balance away from them by driving your hips through!

When stepping forward you are always looking to go diagonally to the outside of your opponents foot. Think of it like you are dragging your kick through them with this movement. This way you will start to appreciate how this footwork adds power to your strike by allowing you to drive your hips through further.

6. Instead of landing the kick forward back into orthodox stance, retract the leg back and land in an almost southpaw position with the same long guard still in place.

7. Immediately take a short step forward and to your right with your right leg as your throw a hard left body kick to their mid section. As before, ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 5

1. Start facing your opponent in orthodox stance.

2. As you are at the correct distance to land the rear leg teep, fake it to draw a reaction by chambering your rear leg high and to the front.

3. Land your rear leg forward and to the outside of your opponent's lead foot.

4. Immediately use this step to throw a hard left body kick to their mid-section. Ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 6

1. Start facing your opponent in orthodox stance.

2. As your opponent steps toward you, take an equal distance step back in orthodox stance to maintain range.

3. As they continue to come forward, this time take a full step with your lead leg to the back so that you land in a southpaw stance. As you do so measure the distance with your right hand.

4. Immediately take a short step forward and to your right with your right leg as your throw a hard left body kick to their mid section. Ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 7

1. Start facing your opponent in orthodox stance.

2. As you are at the correct distance to land the right leg teep, fake it to draw a reaction by chambering your right leg high and to the front.

3. As they step back to try and maintain distance, land your right leg forward and to the outside of your opponent's lead foot.

4. Immediately chamber your left leg high to fake the left teep and draw a further reaction.

Use this march step movement to create a reaction in your opponent. Always chamber your knees high to the front with balance. This way you can still utilise the teep and a myriad of other techniques should your opponent react differently or if you prefer alternate attacks such as the knee or just simply to cover distance for the clinch.

5. Land your left leg forward and to the outside of your opponents rear foot.

6. Immediately use this step to throw a hard right body kick to their mid-section. Ensure you keep your left hand high and utilise a long guard with your right arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 8

1. Start facing your opponent in orthodox stance.

2. Catch your opponents jab by opening up your rear hand, placing it on your forehead and using your palm to stop the energy of the shot. Think of it like wearing a catcher's mitt in baseball and their fist is the ball.

3. Maintain your distance by stepping back.

4. Catch your opponent's jab once again by opening up your rear hand, placing it on your forehead and using your palm to stop the energy of the shot.

5. Maintain your distance by stepping back again.

6. Your opponent will now want to commit more to the jab to try to ensure that they catch you with the punch. As they step further towards you in a bid to hit harder, parry the punch across to your left with your rear hand to redirect the energy of the shot.

PRO TIP!
The parry into switch left body kick needs to be done fast in order for it to be effective.

7. As they are dragged off balance from this over committed punch, immediately switch your stance by taking your right leg forward and left leg back at the same time. Aim to come slightly forward towards your opponent when you do this and try to land your right leg just outside of their lead leg

8. As you do this fire a strong left body kick to their mid-section. Ensure you switch your hand position by bringing your right hand high back to your face and utilising a long guard with your left arm. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

TECHNIQUE 9

1. Start facing your opponent in orthodox stance.

2. As your opponent steps toward you, take an equal distance step back in orthodox stance to maintain range. Keep your guard high and you can also measure distance with your lead hand as well should you wish.

3. Make sure you are balanced as you look to see how your opponent moves next.

4. As your opponent steps toward you again, take another equal distance step back in orthodox stance to keep maintaining the range. Continue to retain a high guard and measure distance with your lead hand as well should you wish.

5. Don't let the back heel flatten at any point whilst moving backwards to ensure you are always primed to counter or move explosively when required. As your opponent continues to press forward, don't go back again, this time take a small step forward and to your left with your lead leg.

6. Immediately throw a hard right body kick. It is important that you take your knee across to the opposite side of their body as you kick to make sure you are driving your hip through the target and to stop them from being able to walk inside or through your kick.

TECHNIQUE 10

1. Start facing your opponent in orthodox stance.

2. Immediately take a short step forward and to your left with your left leg as your throw a hard right body kick to their mid-section. As before, ensure you keep your left hand high and utilise a long guard with your right arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

3. Recover your orthodox stance with balance, bringing your guard back high and looking to see the composure/movement of your opponent.

4. Take another short step forward and to your left with your left leg, but this time you are faking the right body kick to draw the block. Pivot your right hip and feint by selling the movement in a fast, explosive twitch of your torso, shoulder and arm.

TECHNIQUE 10 CONTINUED

5. As your opponent buys your feint and blocks with his lead leg, take another small step in the same direction to drag your hip even further forward into a set position.

6. As their leg touches the floor throw another hard right body kick to their mid-section. As before, ensure you keep your left hand high and utilise a long guard with your right arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

7. Recover your orthodox stance with balance, bringing your guard back high and looking to see the composure/movement of your opponent.

Fakes and feints work best when they look exactly like the techniques they are seeking to resemble. It is also important to do them fast and with movement in order to create a more urgent reaction in your opponent.

TECHNIQUE 10 CONTINUED

8. Switch stance by taking your right leg forward and left leg back at the same time. Aim to come slightly forward towards your opponent when you do this and try to land your right leg just outside of their lead leg

9. As you do this fire a strong left body kick to their mid section. Ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

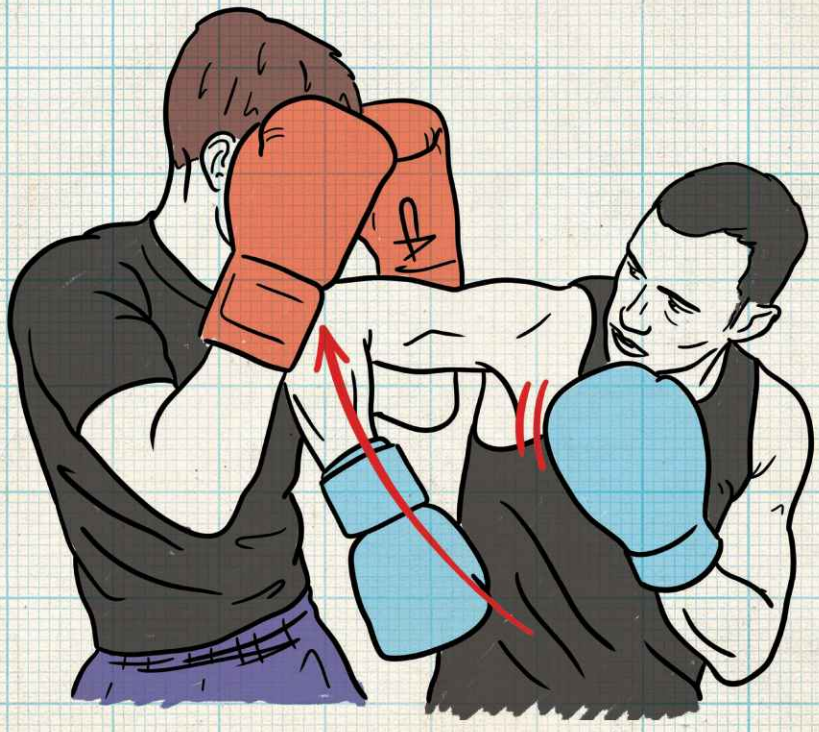
10. Recover your orthodox stance with balance by landing your left kick back behind you and taking further step back with your right leg.

11. Switch stance by taking your right leg forward and left leg back at the same time. Aim to come slightly forward towards your opponent when you do this and try to land your right leg just outside of their lead leg, but this time you are faking the left body kick to draw the block. Pivot your left hip and feint by selling the movement in a fast, explosive twitch of your torso, shoulder and arm.

12. As your opponent buys your feint and blocks with his rear leg, take another small step in the same direction to drag your hip even further forward into a set position.

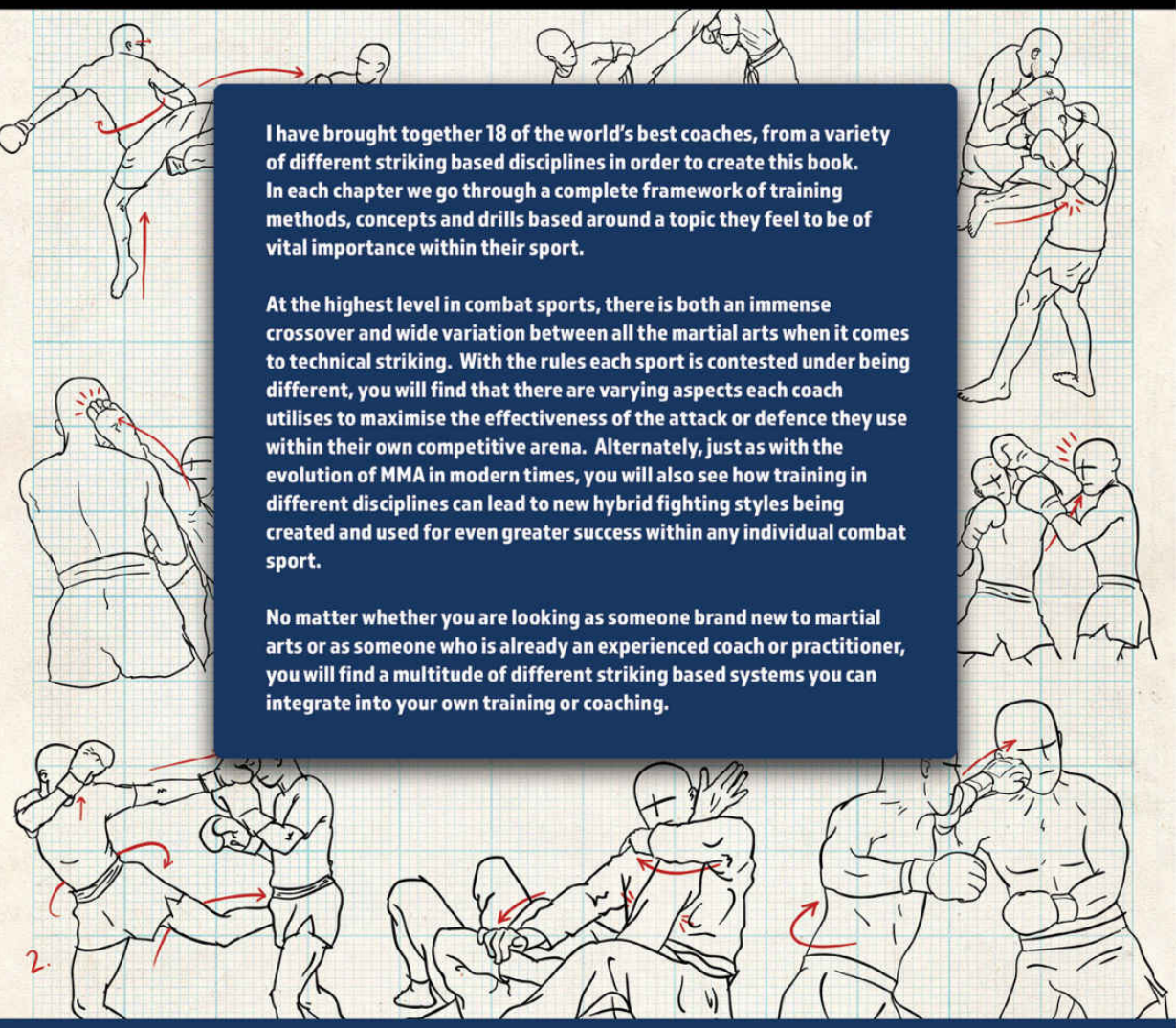
13. As their leg touches the floor throw another hard left body kick to their mid-section. As before, ensure you keep your right hand high and utilise a long guard with your left arm to protect both sides of your chin. This extended arm will also help you swing your hips into the kick for more power and stop your opponent from coming forward.

For further coaching with Panicos scan the QR code:



THE EVOLUTION OF MARTIAL ARTS IN COMBAT SPORTS

A COMPLETE GUIDE TO DEVELOPING ELITE LEVEL STRIKING FROM THE WORLD'S LEADING COACHES



I have brought together 18 of the world's best coaches, from a variety of different striking based disciplines in order to create this book. In each chapter we go through a complete framework of training methods, concepts and drills based around a topic they feel to be of vital importance within their sport.

At the highest level in combat sports, there is both an immense crossover and wide variation between all the martial arts when it comes to technical striking. With the rules each sport is contested under being different, you will find that there are varying aspects each coach utilises to maximise the effectiveness of the attack or defence they use within their own competitive arena. Alternately, just as with the evolution of MMA in modern times, you will also see how training in different disciplines can lead to new hybrid fighting styles being created and used for even greater success within any individual combat sport.

No matter whether you are looking as someone brand new to martial arts or as someone who is already an experienced coach or practitioner, you will find a multitude of different striking based systems you can integrate into your own training or coaching.

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